Have a happy long weekend

Metro will not be publishing on Monday. **Tuesday in Metro:** Our pub correspondent, Laura Fortey, reports on spending the weekend at London's only Canadian pub, the Maple Leaf in Covent Garden.

MR. BIG SHOT

- He may not have the physique of a sprinter, but Dylan Armstrong is Canada's best hope for a track-and-field medal. Watch the incredible strength of shot-put athletes on Friday at 1:30 p.m. on CTV
- If the graceful moves of women's diving or trampolining are more your thing, Metro has the skinny on when to watch and who to root for PAGE 30
- Where can you find royalty in the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts on our London 2012 quiz at metronews.ca/olympics

CALGARY metro®

WEEKEND, August 3-6, 2012

metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary

News worth sharing.

SMELL OF SUCCESS

Canada's women's eight rowing team members Janine Hanson, left, and Rachelle Viinberg celebrate their silver medals at Eton Dorney during the 2012 Summer Olympics in Dorney, England, on Thursday. See story, page 29.

SEAN KILPATRICK/THE CANADIAN PRESS

Online hype spurs Alberta tornado fears

Standard summer. Despite being flooded with photos and videos, Environment Canada says Alberta weather patterns are typical

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Spinning storms out of proportion is an emerging side effect of the social-media age, says an Alberta meteorologist.

To date this year, Environment Canada officials have confirmed seven tornados in Alberta, three below the typical annual average. But Dan Kulak, a weather preparedness expert, says you wouldn't know it by looking at his inbox.

"I wouldn't quite call it paranoia ... everybody wants to document these things that are apparently of such great importance," he said.

"But we get swamped. How many people are taking pictures of the same event? How many are taking photos of something that's not what they think it is?"

Kulak routinely deletes 200 megabytes of emailed photos, most of which detail completely harmless cloud formations.

He points to data from Statistics Canada indicating just 20 people were killed nationwide by cataclysmic weather events — tornadoes, hurricanes and the like — between 2000-2009.

Meanwhile, more than 300,000 lightning strikes hit annually in Alberta alone, posing a greater danger to the average storm-watcher, but Kulak rarely receives information from the public on those.

Joe Vonesch, who has chased storms in central Alberta for a decade, said he's been a bit busier this year, but added he discredits 90 to 95 per cent of the so-called "tornado" photos people send to him.

"The knowledge just isn't out there," he said.

Storm activity

- Alberta Emergency Alert System issued 14 tornado-related warnings throughout July and June this year.
- That's up from four over the same period in 2011, but Kulak says that is attributed to storms moving through multiple provincial counties.

Twitter

@MrRoderickI
Tornado warnings everyday in Alberta. #GlobalWarming, in case you thought it wasn't real...

@therealslouse
The look of the clouds and the amount of tornado warnings lately in Alberta make me feel like the end is near. #ABstorm

Calgary's Newest All You Can Eat Sushi & BBQ
Macleod Sushi & BBQ
All-You-Can-Eat Sushi and Korean BBQ on the table.
5211 Macleod Trail SW
(corner of 50 Ave and Macleod Trail)
Tel: 403 252-2999

NEWS 1

Health Minister Fred Horne says former Alberta Health Services executive Alauddin Merali's expenses were allowable under the rules at the time he claimed them, but those rules have since changed. METRO FILE

Minister vows probe of AHS expense scandal

Outrage. Horne promises full public accounting of how executive was hired after similar Ontario scandal

Health Minister Fred Horne has promised to get to the bottom of how a senior official was allowed to rack up hundreds of thousands of dollars in expenses for everything from fancy meals to car repairs.

Horne admits he didn't know about Allaudin Merali's previous troubles over similar spending when he was a health consultant in Ontario. Nor does he know if the board who hired Merali as chief financial officer for Alberta Health Services knew anything either.

"I'm as much dumbfounded by this as anyone else," Horne said on Thursday, the day after Merali's sudden resignation.

Sheila Weatherill ran the Capital Health regional authority that approved Merali's expenses. She resigned on Wednesday night from her position on the board of Alberta Health Services.

Horne said Merali's expenses were allowable under rules in place at the time. Those rules have since been changed, he said.

He promised all expense claims will be posted online and the results of his investigation will be made public.

Not good enough, said opposition members of the legislature.

"(Horne) should know the background of the chief financial officer of Alberta Health Services," said Wildrose MLA Shayne Saskiw.

"Apparently, the minister just appoints the Alberta Health super-board and then he just walks away ... The health minister has to be accountable."

NDP Leader Brian Mason said there's no way Alberta should have hired Merali.

"Why didn't any lights go on for people?" he asked. "Obviously, there are not adequate checks."

THE CANADIAN PRESS

Paper trail

- Documents show that between 2005 and 2009 — when Allaudin Merali first worked in Alberta for a health authority that looked after Edmonton and region — he filed expenses totalling $346,000. They included a bill to taxpayers for almost $1,750 to fix his Mercedes when his annual salary was $487,000.

Mobile news

Miss part of the Olympics? Fear not: Metro caught all the action in photos from the London Games. Scan the code to see our top images.

Texas tea party

Calgary-born politician makes waves in U.S.

A rising political star south of the border has roots in Calgary.

Ted Cruz, a 41-year-old lawyer, was victorious in a Texas primary late Tuesday and will now represent the Republican Party in the November race to sit in the U.S. Senate.

The son of an American mother and Cuban father, Cruz was in fact born in Calgary and spent his first four years here.

He was backed by the conservative Tea Party during his campaign and beat out a well-recognized Republican candidate for a spot on the fall ballot. METRO

Dangerous photo op

More tourists feeding wild animals: Officials

Parks officials are asking the public to think twice after receiving numerous reports of animals being fed and baited by tourists hoping to snap a prized photo.

In one incident, a busload of Chinese tourists attempted to lure Banff's most famous grizzly, Bear 64, by tossing sandwich meat out to her and some cubs.

"These are wild animals, it's very dangerous," said Steve Michel, human-wildlife conflict specialist for Banff National Park. "More often than not, these situations end with the animal being destroyed."

Feeding wildlife in national parks is illegal under the National Parks Act and violators can be fined up to $25,000, Michel said. METRO

BECOME A
HEALTH CARE AIDE
IN JUST 5 MONTHS
ALBERTA GOVERNMENT CURRICULUM
CLASSES AVAILABLE ON:
• SAT/SUN
• EVENING/NIGHT
• MORNING
PLUS WE OFFER THESE GREAT PROGRAMS
• Massage Therapy
• Medical Office Assistant
• Accounting & Payroll Administration
• Business Administration
ABM COLLEGE OF HEALTH & TECHNOLOGY
1, 3516 26 AVE NE
[OPPOSITE THE GREENWOOD INN]
PH 403.719.4300
abmcollege.com
info@abmcollege.com

Pegasus Security Training Academy
Security Guard Training
Licensed by the Solicitor General & Ministry of Public Security
• Alberta Basic Security Training (Day courses, Evening courses & Weekend Courses)
Other Course:
• PPCT • First Aid/CPR
PLEASE CALL 403-453-1186
Email: info@pegasussecuritytrainingacademy.com
www.pegasussecuritytrainingacademy.com

Creating World-Leading Internet Experiences.

Download speeds like you've never seen before.

WIRELESS LTE

We were first to launch the lightning-like speeds of LTE in Canada – the fastest wireless network technology on the planet. With LTE you can download a song or a photo in under a second.[1] So buckle up; the fastest-ever mobile internet speeds are now here.

So what's next? If you're with Rogers, you'll be the first to know.

rogers.com/InternetExperiences

ROGERS™

Rogers LTE network available in select Canadian cities. Visit www.rogers.com/coverage for details.

1 Times specified are approximations only and will vary depending on size and quality of content. Copyright © 2012 Columbia Pictures Industries, Inc. and Metro-Goldwyn-Mayer Pictures Inc. All Rights Reserved. ©2012 Rogers Communications.

Food trucks near 1-year mark

Food trucks have been rolling for nearly one year on Calgary streets, and both members of the industry and customers are hoping the wheels keep turning on the popular trend.

"It's been a little unexpected, the rush we've seen in the last two months, I would say, but we did anticipate we would see an increase in volume," said James Boettcher of YYCFoodTrucks.

As first reported by Metro, Mayor Naheed Nenshi's office and the city have put a cap on food-truck applications until the pilot project wraps in March, due to the overwhelming interest.

Calgarian and first-time food-truck customer Ashley Issler said she's not surprised by the popularity over the past year.

"I'm glad they came to Calgary," she said. "There's obviously a need and a want for them." KATIE TURNER/METRO

Metro takes on the trucks

Metro's Katie Turner decided to try her hand at food-truck operation and hopped onboard three of the trucks to work a few shifts.

- Check out Katie's video at metronews.ca.

Plan your growing season

Gardeners creating Tiny Plots app for Calgary green thumbs

The days of forgetting to water that droopy tomato plant on your porch may soon be gone as a group of Calgary developers aim to create a tech tool for gardeners.

Created by four University of Calgary graduates, Tiny Plots will be an online and mobile application that will allow users to choose from a list of items they want to plant over the growing season and provide instructions from there.

"It would tell you when you have to plant certain things … when you have to water, when you have to weed," said developer Garratt Hooker.

Tiny Plots has yet to launch, but its progress can be tracked at tinyplots.com or on Twitter @tinyplots. KATIE TURNER/METRO

No need for speed: Police, AMA remind drivers to slow down near emergencies

Const. Jim Lebedeff, with the CPS Traffic Education Unit, warns drivers to slow down when passing emergency vehicles and tow trucks on Thursday, along Stoney Trail. CANDICE WARD/FOR METRO

It's the law. Near-misses prompt cops to issue public plea

CANDICE WARD
calgary@metronews.ca

Letting up on that lead foot could potentially save lives and save you money.

Motorists were reminded to slow down to 60 km/h when passing emergency vehicles Thursday morning along Stoney Trail.

"Anybody who has ever stood on the shoulder as a big truck flies by at 100 km/h a few feet away knows just how scary that can be," said Const. Jim Lebedeff, with the CPS Traffic Education Unit.

The Calgary Police Service and the Alberta Motor Association hit the highway to issue a warning on Thursday for those neglecting to slow down when they see the flashing lights on the side of the road.

"The law says slow down to 60 km/h or less and pull over into the far lane if it's safe to do so," said Lebedeff.

One motorist, who was issued a warning on Thursday, thought he was playing by the rules.

"I did not think I was going too fast and I thought I had slowed down early enough," said Kevin Rutayomba, who was pulled over during the staged event.

Quoted

"Anybody who has ever stood on the shoulder as a big truck flies by at 100 km/h a few feet away knows just how scary that can be."
Const. Jim Lebedeff

GO ON, REWARD YOURSELF
$10 TO SPEND NOW
ON YOUR FIRST $25 PURCHASE
Together with you, we are building Canada's largest online store. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, www.SHOP.CA has something for everyone.
SHOP • CA™
SHOP & EARN, EVERY TIME!™
Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim $10 Reward and can only be used at SHOP.CA

STAMPEDE TOYOTA

Certified USED VEHICLES

VISIT US ONLINE AT

2TOYOTA.COM

VIEW OUR WIDE SELECTION OF INVENTORY

2010 TOYOTA RAV4 V6 LTD

LOADED W/SUNROOF AND FOG LAMPS!!!
ONLY 56,000KM'S STK#5094A

WAS $31,888 NOW $26,888

2010 TOYOTA HIGHLANDER SPORT V6 4WD

LOADED W/LEATHER AND SUNROOF!!!
ONLY 58,000KM'S STK#5098A

WAS $38,888 NOW $32,888

2008 TOYOTA HIGHLANDER LTD

LOADED W/NAVIGATION!!! 120,000KM'S
STK#5128A

WAS $25,888 NOW $20,888

2008 TOYOTA SEQUOIA LTD

TECH PACKAGE W/ REAR DVD!!!
120,000KM'S STK#5124A

WAS $37,888 NOW $33,888

FROM 1.9% FINANCING

2007 TOYOTA COROLLA CE

CLEAN LOCAL CAR, A/C!!!
ONLY 81,000KM'S STK#5002B

WAS $15,888 NOW $11,888

2007 TOYOTA MATRIX

NICE CLEAN CAR!!! ONLY 83,000KM'S
STK#5046A

WAS $15,888 NOW $10,888

2010 TOYOTA CAMRY XLE

LOADED W/NAVIGATION!!! LIKE NEW!!!
ONLY 13,000KM'S STK#5126A

WAS $31,888 NOW $28,888

2009 TOYOTA VENZA V6 AWD

TOURING PACKAGE, LEATHER & PANORAMIC
ROOF! 87,000KM'S STK#5087A

WAS $33,888 NOW $27,888

MANAGERS WEEKLY SPECIAL

2010 CADILLAC ESCALADE

LOADED W/NAVIGATION & 22'INC WHEELS!
52,000KM'S STK#5076A

WAS $58,888 NOW $48,888

2008 LEXUS LX570

ULTRA PREMIUM PACKAGE!!!
112,000KM'S STK#5075A

WAS $57,888 NOW $50,888

2006 BMW 530XI WAGON

RARE!!! LOADED W/LEATHER & NAV!
103,000KM'S STK#120551A

WAS $30,888 NOW $24,888

2007 TOYOTA YARIS H/B

BELOW COST BLOW OUT!!! ONLY
63,000KM'S STK#5082A

WAS $14,888 NOW $8,888

WE LEASE ALL MAKES & MODELS

WE HAVE 100 PREMIUM UNITS READY FOR SALE!
IF YOU ARE CREDIT CHALLENGED AND NEED A CONFIDENTIAL ASSESSMENT -

CALL US TODAY!

SALES HOTLINE

1-888-479-7889

*Prices are before nitro and Taxes. Payments based on 60 month finance and 96 month Amortization.

STAMPEDE TOYOTA

A HOT NEW BRAND OF SERVICE

AMVIC licensed

2 Blocks North of the Trans Canada Highway just off Barlow Trail

Sears

DISCOUNTS AT THESE LOCATIONS ONLY

CHINOOK CENTRE 6455 Macleod Trail
DEERFOOT MALL 901-64 Ave Northeast

HUGE STORE

CLOSING

EVERYTHING MUST GO!!!

ALL WINDOW TREATMENTS 40% OFF Original Ticketed Price

ALL REFRIGERATORS, FREEZERS, DISHWASHERS, COOKTOPS & WALL OVENS 20% OFF Original Ticketed Price

SAVE BIG!

ALL FASHION CLOTHING AND FOOTWEAR GREAT BACK TO SCHOOL SAVINGS! 30% OFF Original Ticketed Price

ALL CRAFTSMAN TOOLS & TOOL STORAGE 20% OFF Original Ticketed Price

ALL LUGGAGE BEAUTIFUL SELECTION! 40% OFF Original Ticketed Price

WE ARE SELLING OUT TO THE BARE WALLS!

40% OFF Original Ticketed Price ALL FINE GOLD JEWELLERY BEAUTIFUL GIFTS FOR ALL OCCASIONS

SHOP NOW FOR BEST SELECTION!

ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

HERE'S HOPING THAT THE SNARE MUFFLES THE CITY'S LOUD VEHICLES

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

Things in Calgary are about to get a lot quieter.

This week, bylaw officers will begin enforcing a new excessive-noise ordinance.

No, it's not for the aldermen, it's actually for the loud cars we've been putting up with for years. With the new law, a special noise snare will be used to look for disruptive vehicles that make sounds measuring more than 96 decibels. There's a small portion of Calgarians who seem to have an excess of money and end up spending it on these loud "toys."

Thanks to them, Calgary is now in desperate need of a noise intervention and the new snare is definitely a step in the right direction, just as long as the city actually uses it.

Who has the nerve to enforce it?

I'm anxious to see if bylaw officers have the guts to ticket all of those who clearly exceed the noise limit, because so far, it seems like they won't. During the city's six-week trial period, the bylaw officers handed out only one warning.

I'm anxious to see if bylaw officers have the guts to ticket all of those who clearly exceed the noise limit, because so far, it seems like they won't.

During the city's six-week trial period, the bylaw officers handed out only one warning. And now you have to lodge complaints to the city's 311 line in order to get the snare to patrol in your area.

That seems ridiculous, since anyone who's ever sat on a patio on 17th Ave can tell you it's not easy to enjoy your meal without being interrupted by any number of loud motorcycles and cars. If the city really wanted to go after those with noisy cars, why not set up shop on the Red Mile and watch the money from the $200 fines roll in?

I also think the city should go one step further and press those who are ticketed to participate in a special academic study. I don't know about you, but I want to know more about these people. Why do they drive cars that clearly disrupt the public? Why don't they care? Who dumped them in high school? Do they really think people like hearing their loud cars?

Most important, I'd love to know if the violators are all men, or are there women out there who like to get attention, too?

That said, I don't think Calgary streets should be completely muzzled, and yes, I happen to like when it's a little noisy. All the sounds that come from the hustle and bustle as people enjoy the shops and restaurants are one of the reasons I love living downtown.

However, having my hearing damaged because people want to try to prove something by modifying their mufflers seems like a big risk that I hope the city isn't willing to take.

Mike Morrison is the perfectly bald head behind Mike's Bloggity Blog. He also tweets regularly from @mikesbloggity.

The Noise Snare will detect car sounds over 96 decibels. CANDICE WARD/FOR METRO

Do you have a passion helping students learn?

Become an Education Assistant.

Imagine the Possibilities.

Invest in your Future.

Columbia College has been successfully training education assistants for over 15 years. Recruiters come right to our classrooms. Grant funding available for students who qualify and free courses for eligible students to meet entry requirements.

802 Manning Road NE
Calgary, AB T2E 7N8

Call now: (403) 648-2265
www.columbia.ab.ca/m

COLUMBIA COLLEGE

UTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAUTO.COMCMPAU

THE ZERO ZONE

#1 GM VOLUME DEALER IN CANADA

Student Bonus info
Save up to $750*
studentbonus.info

0% FINANCING
FOR 72 MONTHS ON SELECT TRUCKS
FOR 84 MONTHS ON SELECT CARS

$0 DOWN

C121384

2012 CHEVROLET
SONIC LS
ONSTAR, STABILITY AND TRACTION CTRL, PWR LOCKS AND WINDOWS, A/C

$76 B/W*
MSRP: $16,835
$12,995 +FREIGHT

C120668

2012 CHEVROLET
EQUINOX LS
AUTO, FWD, A/C, PWR LOCKS AND WINDOWS, BLOCK HEATER, ONSTAR

$134 B/W*
MSRP: $28,010
$22,990 +FREIGHT

C121352

2012 CHEVROLET
CRUZE LS
ONSTAR, STABILITY AND TRACTION CTRL, PWR LOCKS AND WINDOWS

$82 B/W*
MSRP: $17,150
$13,995 +FREIGHT

C121301

2012 CHEVROLET
AVALANCHE
5.3L V8 AUTO, ONSTAR, BLUETOOTH, SIRIUSXM, TRI-ZONE CLIMATE CTRL, FRONT BUCKETS SEATS, BLOCK HEATER, REMOTE START, STABILITY & TRACTION CTRL

$205 B/W**
MSRP: $49,120
$35,995 +FREIGHT

PAYMENTS O.A.C *SONIC, CRUZE, EQUINOX 4.99% FOR 96 MONTHS **AVALANCHE 0.99% FOR 84 MONTHS TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($949 ADMINISTRATION, $149.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

CMP GM
CHEVROLET Cadillac BUICK GMC

1313 36 St. NE, Calgary, AB T2A 6P9
403-207-1000 cmpauto.com

REBUILD YOUR CREDIT
BANKRUPTCY
DIVORCE
NO CREDIT
BAD CREDIT
403-207-1011
www.calgaryautofinancing.com

50 BEST MANAGED COMPANIES

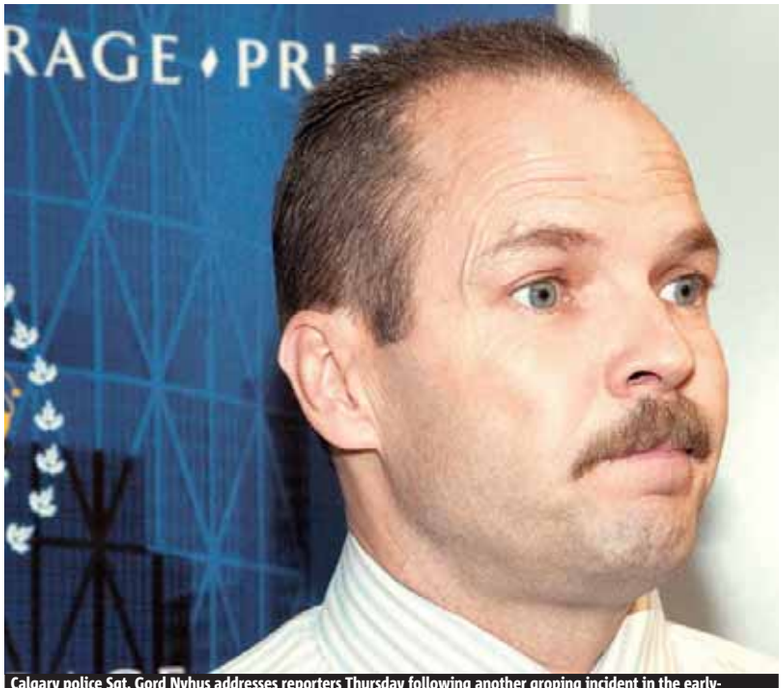
AMVIC LICENSED

CHEVROLET BUICK GMC Cadillac CMP GM

FOLLOW US FOR NEWS, EVENTS, SPECIALS, PRIZES:

FREE MOBILE APP: App Store

‘It’s like a drug addiction’



Calgary police Sgt. Gord Nyhus addresses reporters Thursday following another groping incident in the early-morning hours. Despite a number of disturbing cases of late, police maintain sexual assaults and related acts are not exceeding historical averages. CELESTE DE MUELENAERE/FOR METRO

Incidents. Exploring the root causes of recent sex-related acts on Calgary streets

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It often starts on an adrenaline-filled whim, but quickly escalates.

They are known by many names — sexual deviant, exhibitionist, predator — but one thing’s clear, they are chasing that next high, usually more daring than the last.

“It’s like a drug addiction,” explained sexual-addiction therapist and registered psychologist Doris Vincent, who operates a group called Recovery Path.

“The more risky it is, the higher the adrenalin ... they’re flashing, they’re exposing themselves in more and more public areas, the escalation is in the risk of getting caught.”

Calgary police were kept busy in July with at least six sex-related encounters reported by women in various areas of the city. While disturbing, police Sgt. Gord Nyhus said Tuesday the number of sex-related incidents is typical for this time of year, especially given the warm weather.

But for every incident there are likely other close encounters or those that go unreported.

Early last Sunday, Craig, 28 — who asked that his last name be withheld — believes he stopped a man from flashing two girls while walking home from a bar in the city’s southwest.

The man, who fits a similar description of a suspect being sought by police for flashing two girls at a bus stop later in the day, was quickly approaching the girls from behind and had preemptively lowered his shorts.

“He was walking with a purpose,” recalled Craig.

Vincent said exhibitionists often operate in a bubble, fixated on a way to make themselves feel good — whether it be through drug use or deviant acts. In nearly every case, the perpetrator has been a victim of abuse, generally at a young age, she said. “Life becomes a search for a way to feel OK,” she said.

WITH FILES FROM CELESTE DE MUELENAERE

Follow Jeremy Nolais on Twitter @Metro_Nolais

Details

- **Most recently.** The latest sexual incident reported by a Calgary woman occurred Thursday at about 5 a.m.
- **Recount.** A woman claims she was approached by a man making explicit remarks in the 8000 block of Beddington Boulevard N.W. He proceeded to grope her and drop his pants.
- **Description.** The offender is described as being Caucasian, in his early 20s with a slim build and dirty blond hair. Anyone with information is asked to contact police.

COLUMBIA COLLEGE
“Quality Education Employers Value”

Everybody’s Discovering....
We’re Different and Proud of it.

Imagine the Possibilities.
Invest in your Future.

Grant Funding available for students who qualify.

Free courses for eligible students to meet minimum entrance requirements.

Private college offering accredited* and licensed programs: Practical Nurse*, Health Care Aide, Dental Assistant*, Criminal Justice, Business Management, and Human Services.

Other Programs: ESL, Upgrading, LINC, and Integrated Training.

Alberta Basic Security Training course also available.

802 Manning Road NE
Calgary, AB T2E 7N8

Call now: (403) 235-9300
www.columbia.ab.ca/m

SALES REPRESENTATIVE

Metro Calgary is seeking an aggressive, results-oriented Outside Advertising Sales Representative.
The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.
In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email.
- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 15th 2012. PLEASE QUOTE: “SALES REPRESENTATIVE - CALGARY” in the subject line.
All submissions will be treated as confidential.

metro

LARGEST PRE-OWNED STORE IN CALGARY • LARGEST PRE-OWNED STORE IN CALGARY •

DRIVE INTO SUMMER SALES EVENT

aeroplan®

MASSIVE SELECTION AHEAD

HWY 2 & COUNTRY HILLS BLVD

2009 HYUNDAI TIBURON

WAS $11,998 **$8,998**

2010 TOYOTA YARIS

WAS $14,998 **$11,998**

2011 TOYOTA SIENNA

WAS $28,998 **$24,998**

2005 TOYOTA RAV4

WAS $16,998 **$14,998**

2008 TOYOTA RAV4 AWD

WAS $22,998 **$18,998**

2011 MITSUBISHI RVR 4WD

WAS $25,998 **$22,998**

2008 DODGE GRAND CARAVAN

WAS $14,998 **$12,998**

2005 NISSAN FRONTIER

WAS $15,998 **$13,998**

SHOPPING LIST

MORE GREAT DEALS TO DRIVE THE COMPETITON MAD!

- '06 TOYOTA SIENNA LTD AWD **$17,998**
  145,822KM's / stk# 2201544A / Gold
- '08 CHEVROLET SILVERADO LT 4X4 **$18,998**
  76,301KM's / stk# 2201808A / Purple
- '10 VOLKSWAGEN JETTA **$13,988**
  69,350KM's / Stk # 120029A / Blue
- '09 INFINITI FX35 **$39,888**
  88,501KM's / #224128 / Grey
- '07 CHEV TRAILBLAZER LT **$14,998**
  97,758KM's / stk# 224196 / Silver
- '08 NISSAN ALTIMA 3.5SE **$17,998**
  84,728KM's / stk# Y224228 / Silver
- '10 TOYOTA TUNDRA **$34,998**
  27,425km / #224143 / Grey
- '08 INFINITI G37 COUPE **$29,988**
  74,718km / #224140 / Grey
- '09 LEXUS RX350 AWD **$29,888**
  95,891km / #224149 / Black
- '06 DODGE CARAVAN **$8,998**
  96,100 KM's / #2261191A / Black

Country Hills TOYOTA SCION

CHTOYOTA.COM

CORNER OF Deerfoot Trail North & Country Hills Blvd.

NO CREDIT • BAD CREDIT • GOOD CREDIT

YOU'RE APPROVED!

Apply online ezautocreditcalgary.com

403-290-1111

AEROPLAN MILES MAY NOT BE COMBINED WITH ANY OTHER OFFER. ®AEROPLAN IS A REGISTERED TRADEMARK OF AEROPLAN CANADA

LARGEST PRE-OWNED STORE IN CALGARY • LARGEST PRE-OWNED STORE IN CALGARY •

WE APPRECIATE YOUR BUSINESS IN 2012 THANK YOU

BUY CERTIFIED USED HONDAS PEACE OF MIND

LARGEST SELECTION
OF CERTIFIED USED HONDAS IN WESTERN CANADA

WHY BUY FROM T&T?
WE SPEAK YOUR LANGUAGE!
PUNJAB, VIETNAMESE, KOREAN, SPANISH, TWI, FILIPINO, CHINESE, POLISH, HINDU, CANTONESE, URDU, SWAHILI, CACHI, AND ENGLISH!

HERE IS HOW WE CAN HELP TAKE THE STRESS OUT OF YOUR PRE-OWNED VEHICLE PURCHASE:

HONDA Certified Used Vehicles

CarProof VEHICLE HISTORY REPORTS

- 7 DAY / 1,000 KM EXCHANGE POLICY
- 100-POINT INSEPCTION
- 7 YEAR OIL AND FILTER PROGRAM OFFER*

WE'RE HERE TO HELP!
Let our sales consultants guide you through the process. We'll find a vehicle thats right for you, your loved ones, and your budget!

YOU'RE COVERED.
We have a huge selection of Honda Certified Used Vehicles which come with the balance of a 6 year/120,00 km powertrain warranty.

GETTING THE STRAIGHT GOODS:
We provide CarProof reports on all our pre-owned vehicles.

We know that buying a car is a big decision. That's why we give you 7 days or 1,000km to feel comfortable with your purchase.

Great cars, great prices AND interest rates that you can live with: intrest rates as low as 1.9%*.

ONE LESS THING TO WORRY ABOUT:
if you purchase a certified Honda from T&T Honda and get your servicing done here, we'll take care of your oil and filter changes for the balance of 7 years/160,00km**

PLUS MANY, MANY MORE VEHICLES TO CHOOSE FROM INCLUDING HONDA INSIGHTS & HYBRIDS

FIND OUT WHY WE SELL MORE HONDAS IN WESTERN CANADA!

2011 HONDA CRV LX
5 TO CHOOSE FROM!
STK#U124290
$202* /BW $25,500

2011 HONDA CIVIC DX-G
STK# 2121362A
Loaded.
$138* /BW $16,500

2009 HONDA RIDGELINE
STK# 2121329A
Loaded, Leather, Moonroof.
$205* /BW $24,500

2009 HONDA ODYSSEY EX-L
STK #U124278
Loaded, ONLY 37K.
$287* /BW $34,900

2008 HONDA FIT SPORT
STK# U124103
Fully Loaded.
$110* /BW $12,700

2008 HONDA ACCORD
STK# 6121178A
Only 63K
$143* /BW $17,800

2007 HONDA PILOT EX
STK# 2121143A
Must See!
$190** /BW $19,400

*72 MONTHS, 6.39%, **60 MONTHS, 5.99%. ALL PAYMENTS ARE 0 DOWN, TAXES & FEES INCLUDED

WE SELL MORE BECAUSE WE HAVE THE BEST RECONDITIONED VEHICLES IN WESTERN CANADA

T&T Honda
Steering You Straight™

CHECK US OUT ON FACEBOOK facebook.com/tandthonda

TANDTHONDA.CA

WE WILL HELP REBUILD YOUR CREDIT TODAY
CALL 403-753-9415

888 MERIDIAN road NE
1-888-407-4296
AMVIC LICENSED

Michael Rafferty is transported from a courthouse in the back of a police cruiser in London, Ont., on March 14.
DAVE CHIDLEY/THE CANADIAN PRESS

Rafferty appeals conviction in Stafford murder

Court. It is not uncommon for those who receive a life sentence to appeal

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on grounds the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty also says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder."

If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison.

Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to "inability to use the telephone to contact legal counsel."

Lawyer wanted?

- It's not clear whether Michael Rafferty has a lawyer. Dirk Derstine, his lawyer for the original trial, told the London Free Press in June that he would not be Rafferty's appeal lawyer.

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the Woodstock, Ont., girl.

Tori went missing on April 8, 2009, triggering one of the largest manhunts in Canadian history. Rafferty and Terri-Lynne McClintic, then lovers, were arrested a month later and charged.

Tori's remains were found on July 19.

McClintic pleaded guilty to first-degree murder and was sentenced to life in prison in April 2010.

Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

TORSTAR NEWS SERVICE

Mix-up

Family buried wrong baby

The New York City medical examiner's office says it is responsible for an error that resulted in a family burying someone else's stillborn baby in their native Poland in June.

Justyna and Rafal Sliwa told the New York Post newspaper they were notified of the mistake July 6.

Information on the other family was not made public. A spokeswoman for the medical examiner's office, Ellen Borakove, says the babies had "strikingly similar names."

THE ASSOCIATED PRESS

Holmes. Psychiatrist tried to bring alleged shooter to school's attention: Report

The university psychiatrist seeing the young man accused in last month's Colorado theatre massacre repeatedly tried to discuss her patient with a campus behavioural and security committee nearly a month before the attack, but the group never convened, a new report said.

KMGH-TV, citing sources it did not identify, reported Wednesday that psychiatrist Lynne Fenton called members of the University of Colorado team about graduate student James Holmes in early June. It wasn't known what Fenton wanted to discuss, the station said.

Holmes dropped out of the school on June 10. He was arraigned Monday on charges of killing 12 people and wounding 58 in a rampage at the opening of the new Batman film on July 20. Legal experts have said his mental state will play a key part in the case.

KMGH reported that campus officials did not contact police before July 20 and the committee didn't meet to discuss Holmes because he began the process of dropping out. THE ASSOCIATED PRESS

Get $200 in travel and send your current card packing

Enjoy the freedom of a TD First Class Travel Card

No expiry on TD Points.[1] No blackouts or seat restrictions.[2] Not just for flights. Complete flexibility. It's time to make the move to the TD First Class Travel Card. Ask us how.

Visit a branch, tdcanadatrust.com/travel, or call 1-866-389-5808 to learn more.

Apply by September 14th for $200 in travel upon approval.[3]

Banking can be this comfortable

TD

[1]TD Points do not expire as long as you are a Cardholder. [2]Subject to carrier/space availability. [3]Applies to new TD First Class Travel Visa Infinite Accounts (Account) only. You must apply by September 14, 2012. The $200 in travel value will be awarded to the Account as a bonus of 40,000 TD Points (Bonus) upon approval. Limit of one Bonus per Account. Individuals who have an existing TD First Class Travel Account that was opened before July 23, 2012 (Existing Account) and that close the Existing Account on or after July 23, 2012 are not eligible for this Bonus offer. Other conditions apply. Offer may be changed, extended or withdrawn at any time without notice and cannot be combined with any other offer. ® / The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

NISSAN

ENDS AUGUST 31, 2012

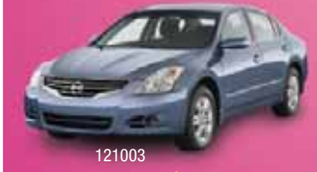
Summer SAVIN' DAYS

$402 /MTH +GST SPECIAL LEASE ONLY 39 MTHS $0 DOWN OR $325 /MTH +GST 60 MONTH LEASE @ 2.9%

2012 NISSAN ROGUE S FWD
PWR LOCKS & WINDOWS, ABS, STABILITY & TRACTION CTRL
$24,228 $174B/W**
120777
UP TO $3000 OFF ON CASH PURCHASES ON ALL ROGUES

0% Financing, $0 Down
Up to $14,000 in Cash Discounts
60 Days of No Pay
AT SUNRIDGENISSAN.COM

2012 NISSAN TITAN KING CAB SV 4X4
AUTO, PWR LOCKS & WINDOWS, ABS, STABILITY & TRACTION CTRL
$34,508 MSRP: $42,608 $220 B/W*
121100
UP TO $14,000 OFF ON SELECT MODELS!



2012 NISSAN ALTIMA 2.5S
AUTO, A/C, PWR LOCKS & WINDOWS, STABILITY & TRACTION CTRL
$22,528 $154B/W*
OR 60 MTH LEASE @ 0%
$308 MONTHLY +GST
121003
UP TO $4,500 OFF ON CASH PURCHASES ON ALL ALTIMAS

2012 NISSAN SENTRA
AUTO, A/C, PWR LOCKS & WINDOWS, VOP PKG
$16,266 $143B/W**
OR 60 MTH LEASE @ 0%
$217 MONTHLY +GST
120981
UP TO $4,000 OFF ON CASH PURCHASES ON ALL SENTRAS

2012 NISSAN VERSA HATCHBACK S
AUTO, A/C, PWR LOCKS & WINDOWS, ABS
$14,280 $94B/W*
OR 60 MTH LEASE @ 3.9%
$216 MONTHLY +GST
121055
UP TO $2,500 OFF ON CASH PURCHASES ON SELECT MODELS

RIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUNRIDGENISSAN.COMSUN

Win a trip to Hello Kitty Land in Japan!
http://hellokitty.sunridgenissan.com

PAYMENTS O.A.C. **84 MTHS @ 0% **72 MTHS @ 0%. TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($449 ADMINISTRATION, $149.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

SUNRIDGE NISSAN
NISSAN Commercial Vehicles
3131 32 Ave NE, Calgary, AB
SUNRIDGENISSAN.COM 403-291-2626

THE ORIGINAL KING & CREDIT
403-999-9283 CREDITKINGCALGARY.COM CALL JON NOW DRIVE TODAY!

50 BEST MANAGED COMPANIES

AMVIC LICENSED

32 AVE NE
26 ST NE
29 ST NE
32 ST NE
2701 32 AVE NE
3131 32 AVE NE

Royal visitor stops by Canada House

Prince Harry meets a young Olympics fan at Canada House during the 2012 Summer Olympics on Thursday in London. During the surprise visit, the prince sat down with those gathered near a big-screen television to watch Canada row to a silver medal in the women's eight. Harry's visit stirred up some buzz on Twitter, particularly for those who missed out on the chance to rub shoulders with royalty. "SO JEALOUS!!!" tweeted women's soccer player Kaylyn Kyle, who earlier at the Games posted "How does one meet Prince Harry? #lovemesomeredhead." Prince Harry spent about 20 minutes in the building near Trafalgar Square, in the heart of London.

COURTESY CANADIAN OLYMPIC COMMITTEE

Vikileaks. Disgraced former Liberal aide working for party again

A Liberal staffer who resigned in disgrace after splashing lurid details of a Conservative cabinet minister's messy divorce all over Twitter in response to the Harper government's Internet snooping bill has resurfaced with the party.

Former Parliament Hill aide Adam Carroll is now working at Liberal party headquarters. But a spokeswoman wouldn't divulge any details about his new gig, saying in an email: "We simply do not comment on personnel."

Tweets disclosing Public Safety Minister Vic Toews' divorce file spurred political intrigue earlier this year, as speculation abounded over the identity of the person behind the Vikileaks30 handle.

Carroll quit his job in the Liberal research bureau once he was identified as the source of the account. He told a parliamentary committee this spring that he set up the Twitter account in direct response to the Conservative government's online surveillance legislation. He also insisted that he acted alone.

Toews infuriated critics when he said that opposing the bill put them on the side of child pornographers.

Carroll called Toews' language polarizing and said he felt compelled to bring attention to the threat posed by the bill. "I took an approach that, put simply, argued if the minister feels strongly that he should know everything about us, perhaps we should know more about the man who wants unrestricted access to our information," Carroll told the committee.

"To make the point further, everything I posted was from publicly available documents." THE CANADIAN PRESS

Reaction

Toews' office accused the Liberals of knowing all along that Carroll was behind Vikileaks.

- **Email from Toews spokesman Mike Mueller.** "This dramatic reversal ... suggests that Carroll acted with the full knowledge and consent of the senior ranks of the Liberal party ... It's clear now more than ever that Mr. Carroll did not act alone, as he claimed."
- **Disclosure call.** Mueller also called on those who are contemplating a run for the Liberal leadership to disclose what, if anything, they knew about Carroll's role in the Vikileaks episode.

RCMP class action

Former Mountie speaks up

Another former RCMP officer is alleging she was sexually harassed on the job as a class-action lawsuit against the national police force got its first hearing in court.

Valerie MacLean says a higher-ranking male officer spent months goading her to be friendly and enter a relationship with him because doing so would be a good career move. MacLean is one of 200 women who have come forward in the suit and says her greatest hope is that the courts will give women with similar experiences a chance to finally be heard. THE CANADIAN PRESS

Highway hazard

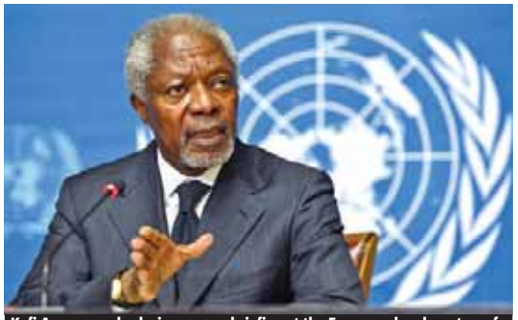
Trucker's driving puzzles police

Police pulled over a truck driver who was allegedly working on a newspaper brain teaser while driving on Highway 401 in Ontario. Police say the driver was so focused, he didn't notice them for more than a minute.

Fifty-four-year-old Daniel Irons of St. Thomas is charged with distracted driving. THE CANADIAN PRESS

Annan steps aside as Syrian conflict rages on

United Nations.
Former secretary-general frustrated by a lack of backing from Security Council


Kofi Annan speaks during a press briefing at the European headquarters of the United Nations in Geneva, Switzerland, on Thursday. Annan is stepping down as chief mediator in the Syrian conflict. THE ASSOCIATED PRESS

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state.

He also asserted that Syrian President Bashar Assad must leave office for the good of his country.

Annan told reporters that when he accepted the job, "which some called 'Mission Impossible,'" he wanted to help the international community, led by the UN Security Council, find a peaceful solution to the crisis. The goal was to stop the killings of civilians and human-rights abuses, as well as to place Syria on a path toward political transition.

"The severity of the humanitarian costs of the conflict, and the exceptional threats posed by this crisis to international peace and security, justified the attempts to secure a peaceful transition to a political settlement, however daunting the challenge," Annan said.

But Annan told reporters he cannot go on when the New York-based, 15-nation Security Council doesn't fully back him, particularly because of the stalemate between its five veto-wielding members: Russia and China on one side, the United States, Britain and France on the other.

Annan's announcement coincided with Arab countries dropping a demand that Assad resign in the latest draft of a symbolic UN General Assembly resolution that faces a Friday vote in New York.

The watered-down resolution further illustrated the international struggle to build an effective diplomatic approach to Syria's civil war.

THE ASSOCIATED PRESS

CLOSE TO DOWNTOWN. SCHOOLS. SHOPPING.
LOCATION. NEIGHBOURLY
CONTEMPORARY. STYLE.
QUALITY. CRAFTSMANSHIP
STREETSIDE & QUALICO
PARKS. GREEN SPACE. AMPLE RECREATION
RELAXED LIFESTYLE. WELCOMING
CONDOS FROM $130,000'S. COMMUNITY
TIMELESS VALUES. CASUAL. FRIENDLY
ELEGANT. TOWNHOMES FROM $230,000'S.
INNOVATIVE. GREAT NEIGHBOURHOOD
EVANSTONSQUARE.COM. SPACIOUS
DISTINCTIVE ARCHITECTURE
RESTAURANTS, CAFÉS, 403.452.3620
MAJOR SHOPS, TRANSIT, PARKS
SCHOOLS, DAYCARES & RECREATION
TIMELESS VALUES. CASUAL. FRIENDLY
LIVE THE WAY YOU WANT TO LIVE
EVANSTON SQUARE
103 & 105 Evanspark Way NW Calgary
403.452.3620 | EvanstonSquare.com
THE DEVELOPER RESERVES THE RIGHT TO CHANGE OR MODIFY THE OFFER WITHOUT PRIOR NOTICE. E.&O.E.
STREETSIDE DEVELOPMENT CORPORATION
A QUALICO Company

comwave
Long Distance
Calling overseas from your mobile phone has never been so easy
Lifetime Rate Guarantee
No matter where you call
No matter what rate you pay
We'll beat it... GUARANTEED!
Limited Time Offer
30 Minutes FREE
Every Month
Unlimited Canada
Unlimited calling to anywhere in Canada
$5 /month
India
1000 Minute bundle for only $10/month
1¢ /minute
Australia 1.9¢/min
Bangladesh 3.9¢/min
Bosnia 10.9¢/min
China 1.9¢/min
Colombia 2.9¢/min
Cuba 89.9¢/min
Croatia 2.9¢/min
Germany 1.9¢/min
Dominican Republic 3.9¢/min
Iran 4.9¢/min
Israel 1.9¢/min
Italy 1.9¢/min
Sri Lanka 9.9¢/min
Lebanon 7.0¢/min
Mexico 1.9¢/min
Pakistan 3.9¢/min
Philippines 10.9¢/min
Kazakhstan 4.9¢/min
Poland 1.9¢/min
Romania 1.9¢/min
Russia 1.9¢/min
South Korea 1.9¢/min
U.A.E 14.9¢/min
Ukraine 8.9¢/min
U.K 1.9¢/min
Vietnam 3.9¢/min
Saudi Arabia 7.9¢/min
Download our Comwave Mobile App
3 Days Free Trial
iTunes
Google play
BlackBerry App World
CONSUMER CHOICE AWARD 2012
403-451-5801
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

Tablet update. RIM launches new PlayBook for faster networks

Research In Motion is launching its new PlayBook tablet for advanced networks that will have a faster Internet experience, giving the Canadian tech company an updated product to sell before its new smartphones come to market.

RIM's latest PlayBook will be launched next week — in Canada first — and is designed for wireless networks with speeds equivalent to high-speed home Internet services on land lines.

The 4G LTE PlayBook tablet computer will be available Aug. 9 at Rogers, Bell and Telus — Canada's three largest carriers.

RIM said Thursday the price of the new PlayBook, which has 32 GB of memory storage, will depend on the region and provider. But Telus said it will sell for $549.99.

The new PlayBook is also ready for corporate email systems and keeps business information secure and separate from personal information, RIM said.

However, PC Magazine analyst Sascha Segan said any anticipation is for RIM's next generation of smartphones, called the BlackBerry 10.

The BlackBerry 10 smartphones, expected to be even more like mobile computers, are due out in 2013, about a year later than RIM had announced — leaving the company with an older inventory of smartphones to sell.

THE CANADIAN PRESS

By the numbers

$549.99

The new 4G LTE PlayBook tablet will retail for $549.99 from Telus. The price will vary at other providers like Rogers and Bell.

Canada warms up to Appleton rum

Appleton marketing manager Peter Hottmann is spearheading an aggressive new advertising campaign that is boosting the 263-year-old rum brand's fortunes in Canada. Thanks to a man-about-town approach and a sexy TV ad that focuses on prospective drinkers instead of the product's Jamaican roots, in just a few months sales of Appleton Estate rum are up 10 per cent and growing across Canada. VINCE TALOTTA/TORSTAR NEWS SERVICE

Alternative fuels

Candu expands deal with China

Candu Energy said Thursday it has signed an expanded agreement with China National Nuclear Corp.'s subsidiary companies to continue work on using recycled uranium and thorium as alternative fuels for new reactors.

The company said the 24-month agreement is expected to result in a detailed conceptual design of an advanced fuel Candu reactor. THE CANADIAN PRESS

Market Minute

DOLLAR 99.29¢ US (-0.19¢)

TSX 11,506.50 (-112.03)

OIL $87.13 US (-$1.78)

GOLD $1,590.70 US (-$16.60)

Natural gas: $2.92 US (-25.1¢)
Dow Jones: 12,878.88 (-92.18)

Enbridge can meet B.C.'s demands: CEO

Pipeline and utility company Enbridge is certain it can meet all of the safety demands of the B.C. government for the company's proposed Northern Gateway pipeline project, chief executive Patrick Daniel said Thursday.

"We feel absolutely confident that we can do that," Daniel told a conference call to discuss the company's latest quarterly results.

The B.C. government said last month the company must include "world-leading" plans to prevent and respond to a marine or land oil spill and also ensure aboriginal and treaty rights are addressed in order to win the province's support.

The comments by the company came as it reported a second-quarter profit of $11 million or a penny per share on $5.72 billion in revenue, down sharply from $302 million or 40 cents per share on $6.94 billion in revenue a year ago due to unrealized losses on a hedging program.

THE CANADIAN PRESS

Doug Rotzien works at the Enbridge Pipelines facility in Hardisty, Alta. THE CANADIAN PRESS

Service Directory
To advertise contact Carmen Kuhmayer at 403.539.4950

LEGAL SERVICES

Canadian Legal Resource Centre Inc.
24+ Years Experience • Voted #1 Paralegal Company

UNCONTESTED DIVORCE
Legal Separation Agreement • Spousal Land Transfer

www.canadianlegal.org

CRIMINAL RECORD?
Record Suspension (Pardon) • US Travel Waiver
Ink and Digital Fingerprinting

CALL NOW! 403.229.2774 | Open Mon-Sat FREE CONSULTATION

MEDITATION

You are all invited to join us for Meditation on Twin Hearts and Superbrain Yoga on Friday evenings at 7:30 PM. This is very simple, yet very powerful meditation with Physical, mental, & Psychological benefits. This meditation is free and open to people 16 years and older. For learning more about this meditation, call us at 403-918-6225/email at cpha.alberta@gmail.com

PSYCHICS

MYSTIC EYE SPIRITUAL READINGS
57 YEARS EXPERIENCE
100% Guaranteed Results
Come in today for a better tomorrow
SPECIALIZING IN REUNITING LOVED ONES
REMOVES ALL BAD LUCK SPELLS AND NEGATIVE ENERGY
1/2 price SPECIAL
Palm • Tarot • Energy Readings
403.228.2258 BY APPOINTMENT ONLY
SOLVE ALL PROBLEMS OF LIFE

HEALTHCARE BUSINESS TECHNOLOGY
With over 20 diploma and certificate programs, your new career is closer than you think. Graduate in less than one year.
CALL TODAY START RIGHT AWAY!
Financial Assistance available to qualified applicants.
Calgary Northeast (403) 569-8973
Calgary South (403) 252-8973
Red Deer (403) 347-6676
Medicine Hat (403) 526-5833
Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

GET BACK TO THE GAME SOONER
SUPER PULSED LASER THERAPY TO TREAT ARTHRITIS, TENDONITIS, STRAINS & SPRAINS, LIGAMENT AND TENDON TEARS
Dr.Z.Janna Melnichuk DNM, LT, RMT
403.397.6164
www.theraquantsolutions.com
Benefits coverage is available

GOOD NEWS TODAY
To bless means to grant happiness, health or prosperity. To bless also means to show favor. Do you know the God who blesses? Do you know Jesus? Why not go to church this Sunday to find out more.
(Proverbs 10:22, The blessing of the Lord makes a person rich, and He adds no sorrow with it)
GOODNEWSTODAY.CA

COORS LIGHT

REFRESHED

WITH A TASTE OF

ICED TEA

BREWED FOR BEER DRINKERS

Coors Light Iced T was made for beer drinkers. Brewed with natural flavours so it tastes refreshing but not too sweet. Perfect for the long hot days of summer. Why not try one for yourself, and tell us what you think at

facebook.com/coorslightbrewingcompany

(must be legal drinking age)

PAY NOTHING UNTIL 2013! ASK US HOW!

SCORE A TRIPLE

NORTHLAND KIA

3 PAYMENTS ON US ON SELECT 2012/2013 MODELS!

3 CHANCES TO WIN $3 MILLION

3 OIL CHANGES AT NO CHARGE!

2012 SORENTO LX

7 PASSENGER SEATING AVAILABLE

TOP SAFETY PICK 2012 INSURANCE INSTITUTE FOR HIGHWAY SAFETY

HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM

WAS $29,433 SAVE $4,500

$24,933

DEALER TRADE MAY BE REQUIRED

$163 BIWEEKLY
$0 DOWN!

2013 SOUL 2.0 2U

K13029 • $23,233 SAVE $1,000

$22,223

$154 BIWEEKLY
$0 DOWN!

DON'T PAY UNTIL 2013!

2012 FORTE EX

K12095DT • $21,138 SAVE $2,538

$18,600

$113 BIWEEKLY
$0 DOWN!

DON'T PAY UNTIL 2013!

2012 RIO LX

K12173 • $19,238 SAVE $2,400

$16,838

$108 BIWEEKLY
$0 DOWN!

DON'T PAY UNTIL 2013!

2012 OPTIMA LX

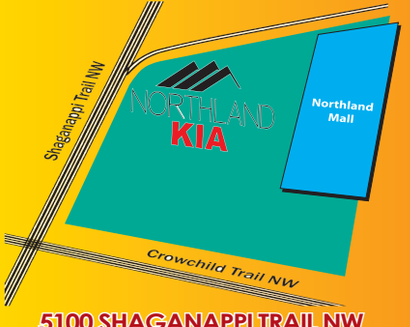
K12152 • $26,950 SAVE $3,200

$23,750

$155 BIWEEKLY
$0 DOWN!

KIA 2013 EARLY ARRIVALS EVENT

0% — FINANCING ON — 2013 — ON SELECT MODELS — PAY 90 DAYS*



5100 SHAGANAPPI TRAIL NW
NEXT TO NORTHLAND MALL

NORTHLANDKIA.CA

403.247-2411

KIA

5 year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty
*5-year/100,000 km powertrain warranty
*5-year/100,000 km extra care roadside assistance
*no deductible charge

$500 Grad Rebate

KIA mobility PROGRAM

*AMVIC LICENSED. PLEASE READ. ALL OFFERS OAC. ALL NO-CHARGE OFFERS BASED ON VEHICLE PURCHASE. THREE PAYMENTS ON SORENTO ARE TO A MAXIMUMOF $1650 TOTAL, ALL OTHER MODELS ARE TO A MAXIMUM OF $1200 TOTAL. BI-WEEKLY PAYMENTS BASED ON 84 MONTH AMORTIZATION AT AN EFFECTIVE RATE OF 3.9% OAC. TAXES EXTRA, ALL REBATES TO DEALER. INVENTORY ACCURATE AT TIME OF PUBLICATION. DEALER TRADE/FACTORY ORDER MAY BE REQUIRED. VEHICLE MAY NOT BE EXACTLY AS SHOWN. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS

THE LIST
Neil Morton
Metro

1 **Fifty Shades of parody.** My fave parody of Fifty Shades of Grey is housed on Twitter, @50Shedsof-Grey, which already has more than 70,000 followers since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this "shed porn" account: "We tried various positions — round the back, up against a wall ... but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto Monday to promote their political comedy The Campaign (out Aug. 10). They pulled out all the stops — including a red carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning Canadiana style.

3 **@stats_canada.** The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social media crackdown! What's next? No phone calls either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch on the Slice network this winter, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real Househusbands of Canada.

6 **Jonah Lehrer.** The writer resigned from his staff writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that, 1) he is longer rapping (he's switching to reggae) and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour long Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the 70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP In Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

Follow The Metro List on Twitter @TheMetroList

Land of Arctic aliens

NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, these giant "ice worms" sprouting out of the ground.

This incredible yet surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolò Bonfadini on his eerie, yet striking image.

METRO

Behind the lens

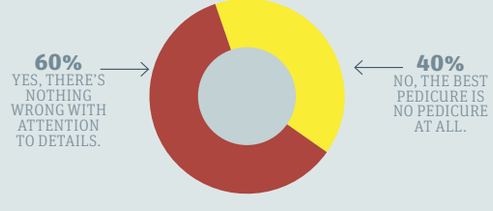
- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape, everything was white as far as the eye could see. Everything was frozen," he told Metro.
- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate consisted of powdered, freeze-dried food. And the temperature can go as low as -40 C."
- "The morning I took this picture was a very special one," Bonfadini said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph Sentinels of the Arctic." He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like frozen people."
- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

Niccolò Bonfadini SUBMITTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's summer — should men get pedicures?



Twitter

@AmberRetallack: The Calgary Tower just played "I am 16 going on 17" after the 9am bells. #amazing #soundofmusic #yyc

@rockstarzeb: Is it too much to ask #yyc drivers not to be complete jerk offs it's only rain #driverproblems

@justinalberta: Would ask Redford about AHS spending scandle, but she's off blowing $84,000 at Olympics.... #ableg #wrp #yyc #yeg #cdnpoli #pcaa

@LeighPatrick: re: AHS. Let the voters remorse begin. #ableg #abpoli #abgov #yyc #yeg #shpk

@KelseyHip: The irony is not lost in the fact The Uptown announces it's closing its doors forever during Historic Calgary Week. #yyc

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar, **National Sales Director** Peter Bartrem • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Buy For: $39

$39 FOR UP TO 1,200 SQ. FT. OF STEAM CARPET CLEANING FOR 3 ROOMS, 1 HALLWAY AND 1 COUCH FROM ASTRO CLEANING GROUP (A $169 VALUE)

Regular Price: $169

You Save: $130

Discount: 77%

LIGHT SMILES EXPRESS: TWO OPTIONS
OPTION 1: $11 FOR AN ADVANCED TEETH WHITENING PEN | OPTION 2: $19 FOR A HOME TEETH WHITENING KIT

$55 FOR A 1-HOUR EUROPEAN FACIAL AND A NOURISHING RECONSTRUCTIVE HAIR TREATMENT FROM CLUB RONALDO HAIR AND SPA (A $145 VALUE)

THERMOR LTD: TWO OPTIONS:
OPTION 1: $112 FOR PICKUP OF A BIOS ACTION CAM 3.0 DIGITAL VIDEO CAMERA
OPTION 2: $121 FOR DELIVERY OF A BIOS ACTION CAM 3.0 DIGITAL VIDEO CAMERA

WagJag Grocers

HOLISTIC FITNESS: THREE OPTIONS
OPTION 1: $29 FOR A 30-DAY SUPPLY OF FAT BURNING LEMONADE
OPTION 2: $49 FOR A 60-DAY SUPPLY OF FAT BURNING LEMONADE
OPTION 3: $69 FOR A 90-DAY SUPPLY OF FAT BURNING LEMONADE

Brought to you by: HOLISTIC FITNESS

Visit: WagJag.com

Follow us on: facebook.com/wagjag @wagjagcalgary

Hurry to WagJag.com to purchase local deals before time runs out.

Kate Beckinsale in Total Recall. THE CANADIAN PRESS

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original Total Recall was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of The Fugitive than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwartzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by Blade Runner. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity. Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard: ●●●○○
- Mark: ●●○○○

SCENE 2

On the web

Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

cash casino
Every FRIDAY & SATURDAY Night
THE PARTY PIT
And GO-GO Dancers
7pm - 2am
PARTY PIT Specials While Playing 7pm - 9pm
4040 Blackfoot Trail SE 403.287.1635 cashcasino.ca

HELP THE KIDS AND WIN!

Grand Prize Show Home Valued OVER $1.3 Million

SHOW HOME OPEN @12114 VALLEY RIDGE DRIVE NW, CALGARY

by STANE HOMES

KINSMEN LOTTO for the Alberta CHILDREN'S HOSPITAL

SALES END AUGUST 19TH

Presented by: KINSMEN CARE FOUNDATION

Proceeds to: Alberta Children's HOSPITAL FOUNDATION

1784 PRIZES VALUED OVER $2.26 MILLION

ORDER NOW

www.homelotto.com

or Call 403-531-2273 (Calgary) 1-888-531-2273 (Toll Free)

TICKETS $100 EACH 6 FOR $200 15 FOR $300

The final draws start on Sep. 7th at 6 pm and continue on Sep. 8th at 9 am at the grand prize show home. Only tickets received before 11 pm Aug. 19th will be eligible. Total number of tickets will be 16,000 single tickets at $100 each, 8,500 sets of 6 for $200 and 6,750 sets of 15 for $300 for a grand total of 168,250 tickets. The Kin Win 50 draw will be held on Sep. 7th at the grand prize show home stating at 6:00 pm. Only tickets purchased before 11 pm Aug. 19th will be eligible. Total number of tickets will be 6,000 at $5 each, 11,000 at 10 for $25, and 7,900 at 25 for $50 for a grand total of 313,500 tickets. Project managed by Bob Wallace #RTM12941 / Stride Management Corp. For complete rules go to homelotto.com.

Kinsmen Lotto Licence #331403 KinWin 50 Licence #331404

Bourne heads back to the box office

The Bourne Legacy. Actress Rachel Weisz talks to Metro about her latest flick, doing her own stunts and all that running

Rachel Weisz. SUBMITTED

NED EHRBAR
Metro World News in Hollywood

An affirmed fan of the Bourne series of movies, British actress Rachel Weisz says she needed little convincing to sign up for the latest, The Bourne Legacy, which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him.

But one thing Weisz didn't count on with playing government scientist-turned-accomplice Dr. Marta Shearing was the amount of running that would be involved.

Your character seems to have a more interesting character arc than Jeremy Renner's.
She's got a great arc. (She starts) as someone who's morally blinkered about what she's doing and is told not to ask questions, which suits her just fine because if she started thinking about what she was doing, I think she would know that she's very morally compromised. So to go from this morally comprised, really f—ed up scientist living in this big house without a man, and then ... to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is kind of cool.

When you first read the script, did you realize exactly how much running was involved?
No. I kind of skimmed through the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was choreographed later. No, I didn't realize there was going to be that much running. It's a lot of running, a lot. I've never done anything that's this realistic, so something like The Mummy, for instance, is a completely different tone and genre. It's like a spoofy B-movie funny-horror-send-up kind of thing. So this required something different because it's just very, very, very realistic.

Did you enjoy the stunt work?
I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back (of a motorcycle) holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

Drama

The Woman in the 5th

Director. Pawel Pawlikowski

Stars. Ethan Hawke, Kristin Scott Thomas

For a thriller, The Woman in the 5th doesn't deliver as much frenzy as it does frustration. Ethan Hawke plays an American writer who returns to Paris to reunite with his estranged daughter and ends up in a tryst with a cryptic widow. While the engaging performances enchant, the drama leaves its murky ends loose and the wandering storyline will rattle fans looking for a conventional mystery. STEVE GOW

Comedy

Diary of a Wimpy Kid: Dog Days

Director. David Bowers

Stars. Zachary Gordon, Steve Zahn

In the latest adaptation of Jeff Kinney's popular books, Diary of a Wimpy Kid: Dog Days focuses on lazy Greg Heffley's aimless summer vacation. Most notably, he tells his parents he got a job to cover up sneaking into a country club. Harmless but hardly inventive, the film may improve upon the franchise's previous outings, but without a solid narrative Wimpy Kid seems as restless as a hyperactive adolescent on summer break. STEVE GOW

CAREFREE SHOPPING
Free Balloon Clown Entertainment
Saturday, August 18
From 1 - 3pm
At the Family Park
inside Entrance #1
marlboroughmall
CAREFREE INSTRUCTIONS
SHOP · MEET · RELAX · EAT · DRINK · GET FIT · SOCIALIZE · ACCESSORIZE · EXERCISE
Visit us at the corner of Memorial Drive & 36th street NE
(403)272-9233

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Canyon Meadows Bay 110 13226 Macleod Trail, 403-670-5444

Abraham Lincoln: Vampire Hunter (14A) Fri-Thu 1:25-4:05-7:10-9:35
The Cabin in the Woods (18A) Fri-Thu 9:55
The Dictator (14A) Fri-Thu 4:20-10:05
Dr. Seuss' the Lorax (G) Fri-Thu 1:40-4:30-7:15
The Hunger Games (14A) Fri-Thu 12:50-3:50-7:45
Katy Perry: Part of Me (PG) Fri-Thu 1:20-4:15-6:40-9:30
Men in Black 3 (PG) Fri-Thu 12:55-4:10-7-9:45
People Like Us (PG) Fri-Thu 12:45-4:05-6:50-9:45
The Pirates! Band of Misfits (G) Fri-Thu 1:30-4:25-7:05
Rock of Ages (PG) Fri-Thu 1-3:55-6:50-9:40
Seeking a Friend for the End of the World (14A) Fri-Thu 10
Snow White and the Huntsman (PG) Fri-Thu 1:05-4-6:45-9:45
What to Expect When You're Expecting (PG) Fri-Thu 1:15-7:20

Crowfoot Crossing 91 Crowfoot Terrace, 403-547-3316

The Amazing Spider-Man (PG) Fri-Thu 1:15
The Amazing Spider-Man 3D (PG) Fri-Sun 4:25-7:35-10:45 Mon-Thu 4:15-7:15-10:15
Brave (G) Fri-Sun 12:15-2:45-5:15-7:45-10:15 Mon 12:15-2:50-5:15-7:40-10:15 Tue-Wed 1:45-4:15-6:45-9:30 Thu 1:45-4:15-6:45
The Campaign (14A) No Passes Thu 10
The Dark Knight Rises (14A) Fri 12-2:30-3-3:30-6-6:30-7:05-9:30-10-10:40 Sat 11:30-12-2:30-3-3:30-6-6:30-7:05-9:30-10-10:40 Sun 12-2:30-3-3:30-6-6:30-7:05-9:30-10-10:40 Mon 12-2-3:30-4-5:30-7-8-9-10:30 Tue-Thu 1-2-3:30-4:30-5:30-7-8-9-10:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Mon 12:15-2:35-5-7:25-9:45 No Passes Tue-Thu 1:30-4-6:30-9
Hope Springs (14A) No Passes Wed-Thu 1:40-4:10-6:40-9:10
Ice Age: Continental Drift (G) Fri-Mon 12:10 Tue-Thu 2:15
Ice Age: Continental Drift 3D (G) Fri-Sun 2:30-4:50-7:10-9:30 Mon 2:30-5:05-7:30-9:50 Tue-Thu 4:45-7:10-9:35
Madagascar 3: Europe's Most Wanted (G) Fri-Sun 12:10 Mon-Thu 1:10
Magic Mike (14A) Fri 2:05-7:50 Sat 11:30-2:05-7:50 Sun 2:05-7:50 Mon-Tue 1:35-7:05
Savages (18A) Fri-Sun 4:40-10:25 Mon-Tue 4:10-10
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Sun 12:25-2:55-5:25-7:55-10:25 Mon 12:10-2:50-5:15-7:40-10:05 Tue-Thu 1:50-4:30-7-9:40
Ted (18A) Fri-Sun 12:15-2:50-5:25-8-10:40 Mon 12:30-3-5:30-8-10:30 Tue-Thu 2:10-4:50-7:25-10:05
Total Recall (14A) No Passes Fri-Sun 2:05-4:55-7:45-10:35 No Passes Mon-Thu 2:05-4:50-7:35-10:20
The Watch (18A) Fri-Sun 12:35-3:05-5:35-8:05-10:35 Mon 12-2:30-4:55-7:20-9:45 Tue 2:30-4:55-7:20-9:45 Wed 3:25-5:50-8:10-10:35 Thu 2:30-4:55-7:20-9:45 Star & Strollers Screening Wed 1

Eau Claire Market 200 Barlay Parade, 403-263-3166

Beasts of the Southern Wild (PG) Fri 3:40-7-9:40 Sat-Mon 12:40-3:40-7-9:40 Tue-Wed 3:10-6:30-9 Thu 3:10-6:30-9:30
The Dark Knight Rises (14A) Fri 3-4:10-6:45-8-10:20 Sat-Mon 11:30-12:30-3-4:10-6:45-8-10:20 Tue-Thu 2:30-4-6-8-9:30
Moonrise Kingdom (PG) Fri 3:30-7:20-9:50 Sat-Mon 12:20-3:30-7:20-9:50 Tue-Thu 3-5:50-8:50
To Rome With Love (PG) Fri 3:20-6:30-9:30 Sat-Mon 12:10-3:20-6:30-9:30 Tue-Wed 2:50-6:20-9:10 Thu 2:50-9:10
Total Recall (14A) No Passes Fri 3:10-7:10-10:10 No Passes Sat-Mon 12-3:10-7:10-10:10 No Passes Tue-Thu 2:40-6:10-9:20

Empire Studio 16 Country Hills 388 Country Hills Blvd., 403-686-8491

The Amazing Spider-Man (PG) Stadium Seating, SR Dolby Digital Fri-Thu 12:20-3:30-6:35-9:50
Brave (G) Stadium Seating, SR Dolby Digital Fri-Tue 1:15-3:50-6:45
The Campaign (14A) Stadium Seating, SR Dolby Digital, No Passes Thu 10
Carry on Jatta (PG) Stadium Seating, SR Dolby Digital Fri-Thu 2-6-9:15
The Dark Knight Rises (14A) Stadium Seating, SR Dolby Digital Fri-Thu 12:15-1-2:30-3-4-5:30-7-7:30-8-9:30
The Dark Knight Rises: The IMAX Experience (14A) Stadium Seating Fri-Thu 1:30-6:15-10
Diary of a Wimpy Kid: Dog Days (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:50-3:40-6:55-9:20
Hope Springs (14A) Stadium Seating, SR Dolby Digital Wed 3:50-6:45-9:25 Stadium Seating, SR Dolby Digital Thu 1:15-3:50-6:45-9:25 Stadium Seating, SR Dolby Digital Wed 1
Ice Age: Continental Drift (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:30
Ice Age: Continental Drift 3D (G) Stadium Seating, SR Dolby Digital Fri-Thu 3:20-7:10-9:35
Magic Mike (14A) Stadium Seating, SR Dolby Digital Fri-Wed 1:35-4:10-7:25-10:10 Stadium Seating, SR Dolby Digital Thu 1:35-4:10-7:25
Savages (18A) Stadium Seating, SR Dolby Digital Fri-Tue 9:25
Step Up Revolution 3D (PG) Stadium Seating, SR Dolby Digital Fri-Thu 12:25-3:10-6:50-9:40
Ted (18A) Stadium Seating, SR Dolby Digital Fri-Thu 1:25-4:05-7:20-10:15
Total Recall (14A) Stadium Seating, SR Dolby Digital, No Passes Fri-Thu 12:40-1:20-3:45-4:15-6:40-7:15-9:45-10:20
The Watch (18A) Stadium Seating, SR Dolby Digital Fri-Thu 12:35-3:35-7:35-10:05

Empire Studio 10 MacLeod Trail 100-16061 MacLeod Trail, 403-974-0470

The Amazing Spider-Man 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 12:20-3:30-6:50-10
Brave (G) Digital Presentation, Stadium Seating Fri-Wed 12:30-3:10
The Campaign (14A) Digital Presentation, Stadium Seating Thu 10
The Dark Knight Rises (14A) Digital Presentation, Stadium Seating Fri-Thu 12:15-2-4-6:30-8-10:10
Diary of a Wimpy Kid: Dog Days (G) Digital Presentation, Stadium Seating Fri-Thu 1-4:10-7:10-9:40
Hope Springs (14A) Digital Presentation, Stadium Seating Thu 12:30-3:10-7:15-9:50
Ice Age: Continental Drift 3D (G) Digital Presentation, Stadium Seating Fri-Wed 12:40-3:20-7-9:30 Digital Presentation, Stadium Seating Thu 12:40-3:20-7
Step Up Revolution (PG) Digital Presentation, Stadium Seating Thu 10:30
Step Up Revolution 3D (PG) Digital Presentation, Stadium Seating Fri-Wed 6:20-9:20
Ted (18A) Digital Presentation, Stadium Seating Fri-Wed 1:45-4:45-7:45-10:30 Digital Presentation, Stadium Seating Thu 1:45-4:45-7:45
Total Recall (14A) Digital Presentation, Stadium Seating Fri-Thu 12:45-3:45-6:45-9:45 Digital Presentation, Stadium Seating Fri-Thu 1:30-4:30-7:30-10:15
The Watch (18A) Digital Presentation, Stadium Seating Fri-Tue 1:15-4:20-7:20-10:20 Digital Presentation, Stadium Seating Wed 1:15-4:20-10:20 Digital Presentation, Stadium Seating Thu 1:15-4:20-7:20-10:20

Globe Cinema 617-8 Avenue, 403-262-3308

Hysteria (14A) Fri 4:20-7-9:20 Sat-Sun 1-3:20-7-9:20 Mon 4:20-7-9:20 Tue-Thu 7-9:20
The Intouchables (14A) Fri 4:10-6:50-9:10 Sat-Sun 12:50-3:10-6:50-9:10 Mon 4:10-6:50-9:10 Tue-Thu 6:50-9:10

Moviedome 1039 999 36 St. N.E., 403-248-2000

Abraham Lincoln: Vampire Hunter (14A) Fri-Thu 1-3:40-7:10-10
Dark Shadows (14A) Fri-Thu 7:05-9:50
Dr. Seuss' the Lorax (G) Fri-Thu 1:05-3:55
The Hunger Games (14A) Fri-Thu 12:45-4-8
Jism 2 (STC) Fri-Thu 6:30-9:30
Kyaa Super Kool Hain Hum (14A) Fri-Thu 2-8:45
Men in Black 3 (PG) Fri-Thu 12:50-3:45-6:55-9:45
Mirror Mirror (G) Fri-Thu 12:50-3:30
The Pirates! Band of Misfits (G) Fri-Thu 1:10-3:50-6:40
Rock of Ages (PG) Fri-Thu 6:50-9:35
Snow White and the Huntsman (PG) Fri-Thu 12:40-3:25-6:45-9:40
What to Expect When You're Expecting (PG) Fri-Thu 12:55-3:35-7-9:55

Scotiabank Chinook 6455 MacLeod Trail, 403-212-8994

The Amazing Spider-Man (PG) Fri-Wed 7:20-10:20 Thu 10:20
The Amazing Spider-Man 3D (PG) Fri-Thu 1:30-4:35-7:35-10:35
Brave (G) Fri-Tue 12:15 Wed 11:55 Thu 12:15
Brave 3D (G) Fri-Tue 2:45-5:15-7:45-10:15 Wed 2:15-4:35-10:15 Thu 2:45-5:15-7:45-10:15
The Campaign (14A) No Passes Thu 10:15
The Dark Knight Rises (14A) Fri-Sun 11:45-12:30-2:30-3:45-4:30-6-7:15-8:30-9:45-10:45 Mon 12:30-1-2:30-4:30-5-6-8:30-9-9:45 Tue 12:30-1-2:30-4:30-5-6-8:30-9:45-10 Wed 12:30-1-2:30-4:30-5-8:30-9-10:30 Thu 12:30-1-2:30-4:45-5-6-8:30-9-9:45
The Dark Knight Rises: The IMAX Experience (14A) Fri-Thu 12-3:30-7-10:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Thu 12:30-2:50-5:15-7:40-10
Hope Springs (14A) No Passes Wed 2-4:30-7:10-9:40 No Passes Thu 4:30-7:10-9:40 Star & Strollers Screening, No Passes Thu 1
Ice Age: Continental Drift (G) Fri-Wed 12:05-2:25-4:50 Thu 12:05-2:25
Ice Age: Continental Drift 3D (G) Fri-Thu 12:45-3:15-5:35-8:05-10:25
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 11:45
Magic Mike (14A) Fri-Thu 1:40-4:25-7:40-10:15
Marvel's the Avengers (PG) Fri-Mon 12:45-4-7:10-10:20 Tue 12:45-4-10:20
Savages (18A) Fri-Wed 1:15-4:30-7:30-10:30 Thu 1:15-4:30-7:30
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:40-3:10-5:40-8:10-10:40
Ted (18A) Fri-Thu 12:30-3-5:30-8-10:55
Total Recall (14A) No Passes Fri-Thu 1:50-4:40-7:30-10:25 No Passes Fri-Thu 2:20-5:10-8-10:55
The Watch (18A) Fri-Thu 12:50-3:20-5:50-8:25-10:50

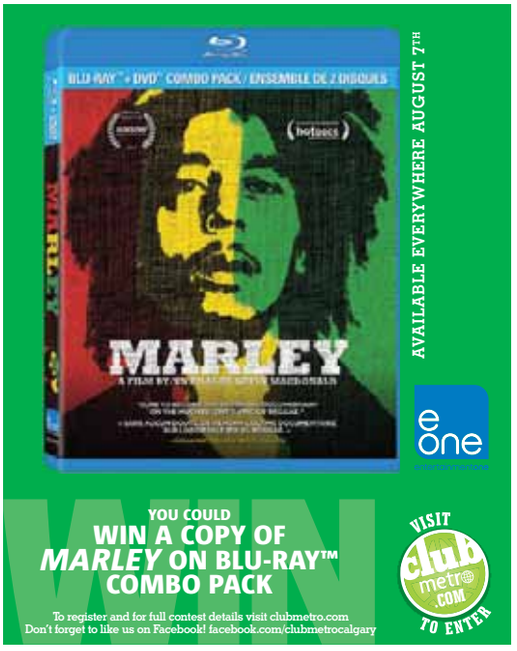
Plaza Theatre 1133 Kensington Rd. N.W., 403-283-3636

No Films Showing Today (STC) Tue
People Like Us (PG) Fri-Sat 9 Sun 4-9 Mon 9 Wed-Thu 9
The Woman in the Fifth (14A) Fri 7 Sat-Sun 2-7 Mon 7 Wed-Thu 7
Sunridge Spectrum
2555 32nd Street, 403-717-1200
The Amazing Spider-Man (PG) Fri-Tue 7:20-10:25 Wed-Thu 7:25-10:30
The Amazing Spider-Man 3D (PG) Fri-Tue 12:15-3:25-6:50-9:55 Wed 12:20-3:25-9:40 Thu 12:20-3:25-6:50
Brave (G) Fri 2-4:30 Sat 11:20-2-4:30 Sun-Tue 2-4:30
The Campaign (14A) No Passes Thu 10
Carry on Jatta (PG) Fri-Tue 12:20-3:30-7:30-10:35 Wed-Thu 12:40-3:45-6:55-10
The Dark Knight Rises (14A) Fri-Mon 12:10-1-3:10-3:40-4:35-6:45-7:15-8:10-10:20-10:50 Tue 1-3:10-4:35-6:45-8:10-10:20 Wed-Thu 1:40-2:30-5:20-6:30-9-10:05 Tue 12:10-3:40-7:15-10:50 Wed-Thu 3:30-7-10:35
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Thu 12:25-2:50-5:15-7:40-10:05
Hope Springs (14A) No Passes Wed-Thu 2-4:30-7:10-9:40
Ice Age: Continental Drift (G) Fri-Tue 12:05-2:30-4:55 Wed-Thu 1:30-4
Ice Age: Continental Drift 3D (G) Fri-Tue 12:35-3-5:25-7:50-10:10 Wed-Thu 12:35-3-5:25-7:50-10:15
Magic Mike (14A) Fri-Tue 7-9:40
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution (PG) Fri-Mon 12:40-3:10-5:40-8:10-10:40
Step Up Revolution 3D (PG) Tue 12:40-3:10-5:40-8:10-10:40 Wed-Thu 12:45-3:15-7:20-9:55
Ted (18A) Fri-Tue 12:30-3:05-5:40-8:15-10:55 Wed-Thu 12:55-3:55-7:45-10:25
Total Recall (14A) No Passes Fri 1:35-2:15-4:35-5:05-7:25-7:55-10:15-10:45 No Passes Sat 11:30-1:35-2:15-4:35-5:05-7:25-7:55-10:15-10:45 No Passes Sun-Tue 1:35-2:15-4:35-5:05-7:25-7:55-10:15-10:45 No Passes Wed 12:30-3:20-3:50-6:45-7:15-9:35-10:10 No Passes Thu 12:30-1-3:20-3:50-6:45-7:15-9:35-10:10 Star & Strollers Screening, No Passes Wed 1
The Watch (18A) Fri-Tue 12:50-3:20-5:50-8:20-10:50 Wed-Thu 12:50-3:40-7:30-10:20

Theatre 6:Westhills 10 165 Stewart Green, 403-246-5291

The Amazing Spider-Man (PG) Fri-Thu 1
The Amazing Spider-Man 3D (PG) Fri-Thu 4-7:05-10:10
The Best Exotic Marigold Hotel (PG) Fri-Tue 6:30-9:20
Brave (G) Fri-Tue 1:50-4:10
The Dark Knight Rises (14A) Fri-Mon 12-2:35-3:30-6:20-7-9:50-10:30 Tue-Thu 2:35-3:30-6:20-7-9:50-10:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Mon 12:10-2:30-4:50-7:10-9:30 No Passes Tue-Thu 2:30-4:50-7:10-9:30
Hope Springs (14A) No Passes Wed-Thu 1:30-4:10-6:40-9:20
Ice Age: Continental Drift (G) Fri-Thu 1:30
Ice Age: Continental Drift 3D (G) Fri-Thu 3:50-6:50-9:10
Step Up Revolution 3D (PG) Fri-Mon 12:20-2:45-5:10-7:35-10 Tue-Thu 2:45-5:10-7:35-10
Ted (18A) Fri-Thu 1:10-3:40-7:10-9:40
Total Recall (14A) No Passes Fri-Thu 1:40-4:30-7:25-10:20
The Watch (18A) Fri-Mon 12:30-2:55-5:20-7:50-10:15 Tue-Thu 2:55-5:20-7:50-10:15

JESSE LABELLE
Jesse Labelle's new album TWO featuring the hit single
Heartbreak Coverup
AVAILABLE EVERYWHERE AUGUST 7
ATLANTIS
TOY WATCH
VISIT clubmetro.com TO ENTER
YOU COULD WIN!
2 flights and 2 nights at Atlantis, Paradise Island to see an intimate concert from Jesse Labelle!
No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com


BLU-RAY™ + DVD COMBO PACK / ENSEMBLE DE 2 DISQUES
MARLEY
AVAILABLE EVERYWHERE AUGUST 7TH
e one
YOU COULD
WIN A COPY OF MARLEY ON BLU-RAY™ COMBO PACK
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrocalgary
VISIT clubmetro.com TO ENTER

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Munn not ready for leading lady role yet

Hollywood. Star of The Newsroom and Magic Mike credits her success to following around some of the industry's biggest stars

Olivia Munn stars alongside Jeff Daniels in HBO's hit series The Newsroom. HANDOUT

Olivia Munn prides herself on working with three powerful S names in Hollywood: Jon Stewart on The Daily Show, Steven Soderbergh in the film Magic Mike and Aaron Sorkin on HBO's The Newsroom. But to hear her tell it, she's still an up-and-comer — and maybe a bit of a cheat.

"I kind of follow where they're going, 'Oh, (if they're on board) then that's probably a good script.' It's probably a cheat that way," she joked in a recent interview. "You guys do the homework and then if I'm lucky enough to be able to work with you then I will."

The 32-year-old actress has had a busy summer. Besides Magic Mike she has a new film out called The Babymakers, co-starring Paul Schneider, formerly of TV's Parks and Recreation.

On The Newsroom she plays Sloan Sabbith, a business reporter at the fictional Atlantic Cable News where Jeff Daniels' Will McAvoy has the flagship newscast. As in any Sorkin venture, there's an intense amount of dialogue to spout out, often at a rapid-fire pace. Munn says her trick is to memorize not only her part, but also the other character's lines to internalize the big picture.

"I refuse to be the person who is gonna come in and forget my line. Like if (Daniels) has to remember all this stuff and then be preparing for the next episode and all that dialogue then I'm going to do my best to come up to his bar," she said.

Despite all that effort, Munn jokes about making the dreaded, hypothetical phone call to her mother to say her Hollywood dreams didn't pan out.

"Mom, I'm working at the Jamba Juice now. You get a free boost. And I probably could hook you up with another boost."

Her mother is of Chinese descent but was born and raised in Vietnam.

Munn's parents split when she was young and she says her mother was a tiger mom.

"I'm like, 'You know, my white friends, their parents aren't forcing them to play piano until 4 a.m.' She's like, 'Your white friends can't play piano.' I'm like, 'OK, good note. Good argument, mom.'"

Munn says initially her mother wasn't keen on the idea of her daughter going into showbiz.

"It took a long time to convince my Asian mother that I could do it because she believed that only one person in the world could become a movie star and that was Tom Cruise. She's like, 'You're not Tom Cruise!'"

Now her mom is her biggest fan.

THE ASSOCIATED PRESS

Quote

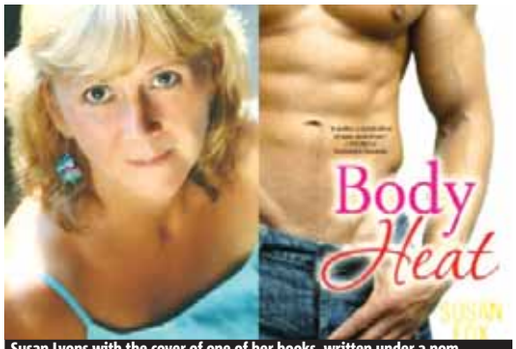
"It took a long time to convince my Asian mother that I could do it."

Olivia Munn
On convincing her mother she could be a movie star.

NEED A RIDE?
Read metro drive every Wednesday.

Gillette Venus
20x
THE SHOPPERS OPTIMUM POINTS®*
August 4-10
WHEN YOU BUY ANY PARTICIPATING VENUS® RAZOR AT SHOPPERS DRUG MART.

SHOPPERS DRUG MART
*Points are issued according to the net pretax purchase of eligible products using a valid Shoppers Optimum Card®. Calculation excludes Shoppers Optimum Bonus Points®, Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum® Banking Account. Cannot be used with any other offer or promotion. Offer valid until August 10, 2012 while quantities last. We reserve the right to limit quantities. No rainchecks.
© 2012 P&G



Susan Lyons with the cover of one of her books, written under a nom de plume. The author says that Fifty Shades of Grey's fuelling of the BDSM craze will probably run out and be replaced with something else. HANDOUT

Fifty Shades effect heats up B.C. author's steamy novels

Though the recent success of Fifty Shades of Grey may say otherwise, Susan Lyons, an author from Vancouver Island, expects BDSM themes to lose its trending power once readers get tired with a constant flood of self-published novels.

When that day comes, Lyons says, a new erotic fantasy (maybe male-male sex, maybe ménage romances) will pick up the slack.

However the boom in so-called "mommy porn" has been a boon for Lyons.

The royalty cheques from her many novels have been flowing in for years, but Lyons can't ignore the positive effect Fifty Shades of Grey has had on her business.

Lyons, who also writes as Savanna Fox and Susan Fox, entered the erotic romance industry last decade after careers in psychology and law.

She has gone on to produce 13 books, as well as numerous sexy novellas.

Since the adult fiction book rose to popularity earlier this year, foreign publishers came knocking on Lyons' door.

Her next book, The Dirty Girls Book Club, has been picked up in Italy and the U.K. An Italian publisher has also signed up for the rights to her Awesome Foursome series, which she says is like Sex and the City in Vancouver.

Lyons says the success of Fifty Shades of Grey has helped publishers take notice of the gigantic market for books like hers, which tap into erotic fantasy.

ELIZABETH HAMES/METRO

'Mommy porn'

Fifty Shades of Grey caught the attention of its mostly-female readers with sexually explicit scenes depicting the BDSM play of its two main characters. Since its release date in 2011, it has sold more than 31 million copies and it fast earned the title of fastest-selling paperback of all time.

Commentators have termed the steamy genre "mommy porn" and authors and publishers alike are capitalizing off its effect on female readers.

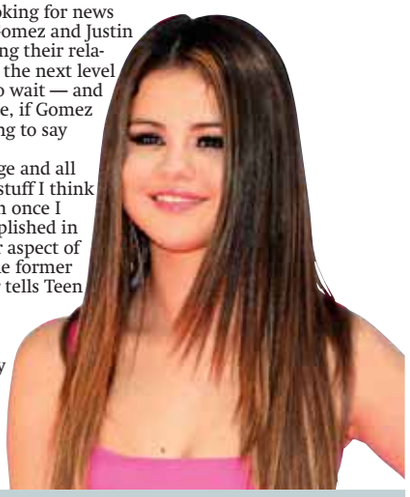
But Lyons said she never planned to benefit from its popularity. The Dirty Girls Book Club isn't about BSDM — none of her novels are and they likely never will be.

"I don't read it, I don't write it," she said.

But she's not afraid of missing out.

FEST
LINKIN PARK
FIRST EVER CALGARY PERFORMANCE!
incubus
SILVERSUN PICKUPS
YOUNG THE GIANT
FUN.
THE JOY FORMIDABLE
MUTEMATH
THE PACK A.D.
plus
EXPOSURE FAN CHOICE
PRO WRESTLING
SATURDAY SEPTEMBER 1 • FORT CALGARY
750 - 9TH AVENUE SE, CALGARY ALBERTA CANADA • GATES 11:30 AM • ALL AGES WELCOME • 18+ BEER GARDENS
VIP TICKETS AND TRAVEL PACKAGES AVAILABLE • FOR TICKETS AND MORE INFORMATION, PLEASE VISIT XFESTCALGARY.COM
BUY TICKETS UnionEvents.com primeboxoffice.com TICKETS ALSO AT PRIME BOX OFFICE KIOSK (2ND FLOOR, MACEWAN HALL, U OF C)
metro
XFESTCALGARY.COM • WWW.LINKINPARK.COM • WWW.MUSICFORELIEF.ORG • WWW.UNIONEVENTS.COM • WWW.X92.CA
XFESTCALGARY

Married to the Biebs? Not yet



Anyone looking for news of Selena Gomez and Justin Bieber taking their relationship to the next level will have to wait — and wait a while, if Gomez has anything to say about it.

"Marriage and all that other stuff I think will happen once I feel accomplished in every other aspect of my life," the former Disney star tells Teen Vogue.

"I don't take anything in my personal life too seriously."

Jennifer Lopez

J.Lo not playing around

Jennifer Lopez is suing tabloids Star magazine and In Touch Weekly for running a story alleging that her boyfriend, Casper Smart, has been spending quality time at a New York peepshow that's known to be a "gay cruising spot," according to RumorFix.

"These statements are false, malicious and defamatory. Ms. Lopez and Mr. Smart will pursue all remedies available to them under the law," an attorney for the couple says. A rep insists that Smart was actually visiting a tattoo parlour next door to the club.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs.

If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

Robert Pattinson. ALL PHOTOS GETTY IMAGES

The circus must go on

No matter what happens between Kristen Stewart and Robert Pattinson over the next couple months, they'll be promoting the final Twilight instalment together this fall.

"While it is studio policy not to comment on the personal lives of actors, Summit is moving full steam ahead and looking forward to this November's opening of The Twilight Saga: Breaking Dawn — Part 2," Summit's president of worldwide marketing, Nancy Kirkpatrick, tells E! Online.

"We are confident that the film delivers amazing entertainment for our passionate fans and general audiences alike."

For the first time, we're also confident Twilight will deliver amazing entertainment — can we suggest popcorn at the press conference?

Twitter

@TomArnold
Downtown Columbus is nice..I mean, it's not Iowa City but still

@NiaVardalos
Genius Bar, thank u for fixing my computer that cacked in Italy. Now, back to my script titled "You're Back, So Put Down The Pasta Fattie"

@JerrySeinfeld
So excited! I just figured out where they got the iPhone turn-off sound. Take three nice poker chips in your hand and drop them 1 inch.

@SarahKSilverman
Dear rich NYCers: got a spare room/bathroom I can live in for sept w my 18 y/o dog? W sep entrance, bathtub & cable?

LIFE 3

Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, Bitchin' Kitchen, has two cookbooks under her belt and a style that's all her own. If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

What are some of your go-to summertime dishes?
I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish. Combing mustard with maple syrup (also gives) the hotdog a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?
Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

If you had to pick: sangria, mojito or beer and why?
I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos. When things have too much flavour, like sangria, it can be a bit much with all the fruit and the wine, you also got some soda in there.

Food Network chef Nadia G. SUBMITTED

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?
How to remove a drunk person? Yeah…I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

Nadia's Grilled Apricot & Feta Salad

1. Vinaigrette: In food processor, blend 4 tbsp olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy seeds, sea salt and pepper.

2. Apricots: Heat barbecue to medium-high. Baste apricot halves with olive oil. Using tongs, sear fleshy side of apricots 90 seconds, turn over to sear the skin side 1 minute. Remove them from the heat, and let cool.

3. Pickled onions: Heat saucepan over medium-high heat. Add onion slices, pour remaining champagne vinegar, stir, and simmer until onion slices turn bright pink, 30 seconds. Remove from the heat and cool.

4. Divide apricot halves equally among 4 plates. Sprinkle each serving with 1/4 cup of crumbled feta and a heaping tablespoon of pickled onions. Drizzle with the vinaigrette, and garnish with fresh mint leaves. COURTESY OF NADIA G

Ingredients

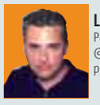
- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- ½ garlic clove
- 1 tbsp poppy seeds
- sea salt and black pepper
- 8 apricots (halved and pitted)
- ½ small red onion (sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

On the Web

Cookbook featuring muffins for vegans has versatile and easy-to-make recipes

Liquid Assets

Lip-smackin' flavours of whiskey



LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskies hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon ($26.25 - $28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix. That said, I prefer it served ice cold straight from the fridge all by its lonesome.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

YOUR CALGARY
CREDIT REBUILDERS
YOU ARE APPROVED!
PAY STUBS
DRIVERS LICENCE
DRIVE TODAY
$0 DOWN
REBUILDING YOUR CREDIT IS EASIER THAN YOU THINK!
ADIL
Country Hills TOYOTA SCION
CORNER OF DEERFOOT TRAIL & COUNTRY HILLS BLVD.
AMVIC LICENSEE
403.560.2160
EZAUTOCREDITCALGARY.COM
CALL NOW OR APPLY ONLINE

Have a few gaps in your schedule that you're looking to fill?
Whether you're looking to dance, drink or just relax, check out these hot upcoming events courtesy of Notable.ca.
To get even more info on these Notable happenings, make sure to check out notable.ca/nationwide/metro/august3

NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Go on a Fringe binge

Looking for some amazing entertainment from around the globe? The seventh installment of the Calgary Fringe Festival (August 3 to 11) is set to pull the curtains back with more artists than ever before! Bringing over 34 local, national and international indoor theatre artist companies, performances range from family shows to musicals, dance, monologues, masques, dramas, comedies, improvisation and the risqué. This indoor theatre festival will be taking place at various venues throughout the neighborhood of Inglewood.

Sunfest a fun fest

Wanna play in the sun? Head to Inglewood Sunfest! Head down on August 4 between 11 a.m. and 5 p.m. to see the street come alive with performers, vendors, and fantastic food. Celebrating the unique nature of the Inglewood community there will be a strong focus on contributing to the community. Programming will be geared towards participatory, engaging, and sustainable activities while many of the vendors will be local and selling handmade pieces.
inglewoodsunfest.com.

Into the wide blues yonder

Get ready to rock out at International Blues Festival running until August 5. Starring guitar icons Matt "Guitar" Murphy and Kenny Wayne Shepherd, Canadian Blues rocker David Wilcox, Lighthouse, and "mysticssippi" slide guitar guru, Harry Manx amongst others. Dance into the wee hours at the late-night Twilight Blues Series at the Kerby Centre. Or stroll through the arts market and shop for locally handcrafted items. There will be a wide selection of tasty choices from locally based concessions when hunger strikes.
calgarybluesfest.com.

Soak up some Afrikan culture

Celebrate Africa and its descendant cultures at Afrikadey! Festival from August 5 to 11. Enjoy traditional music, food, dance, theatre, film, literature and visual arts at various events that bring these artistic traditions to life. Events will take place at different venues all over the city with a final day of music on Prince's Island for the outdoor music show.
afrikadey.com.

Prismatic fantastic

Are you in the market for art? Then head to Village Brewery (5000 12A St. SE) for the Prismatic Play Art Show, happening from 7 p.m. to midnight on August 3. This colourful and vibrant event will feature four local artists, all of whom will be in attendance. Peruse the art as you enjoy live music featuring Natural Ensemble and enjoy a Village Brewery beer. You are bound to find those "must have" paintings you've been looking for.

Poppin to this show

If you liked the movie, then you will love Mary Poppins the musical. Bringing its own brand of Broadway magic to Jubilee (63 6 St. SW), it features the irresistible story and unforgettable songs from one of the most popular Disney films of all time. Be transported to the Banks' household on Cherry Lane, and the rooftops of London with elaborate sets, eye-popping light displays and show-stopping numbers. Running until August 5.

* While supplies last. No rain checks. Selection may vary by store. Offer only valid on dates specified. Limit 2 per customer. Offer not valid on previous purchases. See store for details. © Inter IKEA Systems B.V. 2012.

SPORTS 4

Peyton Manning, left, leads fellow Denver Broncos quarterbacks Caleb Hanie, centre, and Adam Weber off the field following the afternoon session of their training camp in Englewood, Colo., on July 26. JACK DEMPSEY/THE ASSOCIATED PRESS

New Broncos pivot manning up in camp

NFL. Peyton Manning in rare form well before start of season; finds solid target in Demaryius Thomas

Even with Eric Decker down, Peyton Manning didn't miss a beat.

Decker has been the star of the Broncos' training camp so far, but when he went out with a strained groin, Demaryius Thomas stepped up to solidify his standing in Manning's eyes and with Denver's refurbished offence.

Thomas made several big catches Thursday, even turning a rare wobbly pass from Manning into a 35-yard TD when he outleapt Drayton Florence and Raheem Moore at the goal-line. Another time, he gave Tracy Porter a taste of the stiff-arm he used on Ike Taylor to beat Pittsburgh in the playoffs.

Whether on posts, curls or slants, Thomas was there to haul in Manning's fastballs during the no-huddle work to the delight of yet another record crowd — 5,034 — at Dove Valley.

"Well, I think Demaryius has had a really good camp even when Eric's been practising," Manning said. "Demaryius is a guy that we are going to feature. His size and strength and speed just allows you to do certain things with him that other players just can't do. And so, Eric's had a really good camp. He's just got a little tweak, hopefully he'll be back this afternoon or tomorrow.

"But I thought Demaryius these last two days has really made some big plays, he's done some good things with the ball after the catch, which is what we're going to need," Manning added.

After all, Manning's game is built on finding the hole in the defence and getting the ball there as quickly as possible so his receiver can use his legs to turn short passes into long plays.

"You can't just throw down the field every time," Manning said. "You've got to be able to take a five-yard hitch or a little 10-yard hook route and turn it into a 20-yard or a 30-yard gain and he's kind of shown those type(s) of plays these past two days." THE ASSOCIATED PRESS

Competitive practice

Manning's timing hasn't been crimped by the steady stream of receivers hobbling off the field, however, and he said he's pleased with the progress the offence has made in the first week of training camp.

- Also helping Manning get up to speed is a stout secondary led by Champ Bailey.
- "I've said that all along, it's a great challenge going against our defence. There's a lot of speed out there, a lot of experience," Manning said.

PGA

Birdies soar Furyk to top of the leaderboard

Jim Furyk finally made some birdies — a lot of them — for a 7-under 63 to take the lead Thursday in the Bridgestone Invitational.

On a warm day with little wind, Furyk took advantage of the pristine conditions at Firestone to build a two-shot lead over Lee Slattery of England after one round of this World Golf Championship.

Tiger Woods, a seven-time winner at Firestone, looked as if he might be part of the leaderboard until his last six holes. He had to lay up with his third shot on a par 5 and three-putted from 25 feet on the 18th for an even-par 70. THE ASSOCIATED PRESS

Jim Furyk
GREGORY SHAMUS/GETTY IMAGES

NHL

Four of the Russian Five to reunite in Detroit

Four players from Detroit's "Russian Five" will be on hand when Red Wings alumni take on alumni from the Toronto Maple Leafs the day before the Winter Classic.

Viacheslav Fetisov, Igor Larionov, Vladimir Konstantinov and Sergei Fedorov will participate in the festivities Dec. 31 at Comerica Park in Detroit. THE ASSOCIATED PRESS

Mobile sports

A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

STAMPEDERS HAVE GONE JOHNNY KNOXVILLE

Cornish takes his turn at acting out; Roughriders fans need to take a deep breath; and new Argos QB thriving under coach Milanovich

CFL EXTRA POINTS
Dan Toth
calgary@metronews.ca

Calgary Stampeders: Why do so many talented Stamps players act like jackasses? This week it was Jon Cornish's turn, criticizing the play of his offensive line after his putrid performance in rushing for minus-1 yard on six carries in a loss to B.C. Even though he later apologized, it's an unwritten rule that you never trash the big men who get paid to make you a star.

Saskatchewan Roughriders: After gassing huge fourth-quarter leads in back-to-back games, some Rider faithful are calling for the firing of defensive co-ordinator Richie Hall, and the banishment of QB Darian Durant. Good gawd people, give your heads a shake. The Riders are 3-2 and tied for first in the West. What did Green fans expect, an undefeated season? The team's current record is a more accurate reflection of who they are.

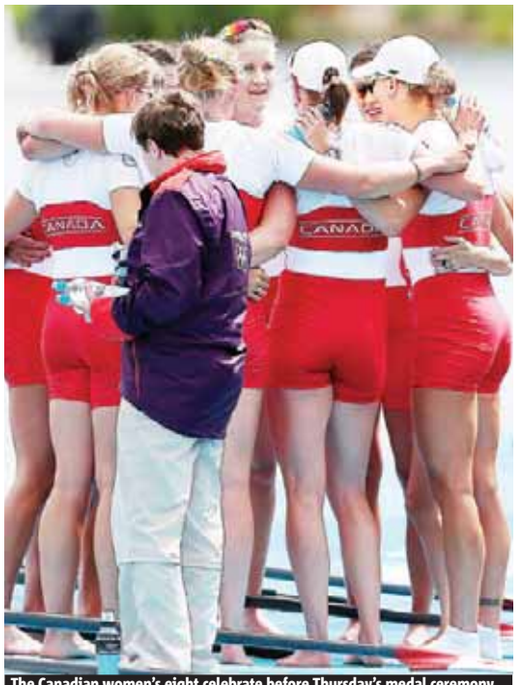
Toronto Argos: QB Ricky Ray needed about five minutes to feel comfortable running Scott Milanovich's Argos offence. Ray has completed 69 per cent of his passes and is second in passing yards with 1,542 yards. Ray has also thrown twice as many TD passes as interceptions, a ratio that will make you a winner most weeks.

B.C. Lions: We've gone from asking 'What's wrong with the Lions?' to tagging them one of the top teams in the CFL through five weeks. After losing two straight, an impressive win in Calgary has them perched among five teams tied for the top record at 3-2. Parity reigns as 10 games this season (50%) have been decided by four or fewer points while the usually dominant West Division holds just a 6-4 record against the East.

Edmonton Eskimos: QB Steven Jyles is under more pressure to perform than any player in the CFL. That's what makes his fumble last week in Winnipeg that prevented a possible comeback win over the Bombers so glaring, despite posting his best game statistically as an Eskimo. Maybe Jyles is trying too hard to make Esks fans forget Ricky Ray.

Hamilton Tiger-Cats: It's still very early and the Tabbies are only 3-2, but three straight wins and some sensational play from Henry Burris makes him an early-season favourite as the best off-season acquisition. Burris leads the league with 15 TD passes and has earned offensive player of the month for July, making the Cats' off-season swap with Calgary look like a stroke of genius for Steeltown's finest.

A silver lining in second place



The Canadian women's eight celebrate before Thursday's medal ceremony.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Rowing. Canadian women 'can't be disappointed' with silver-medal finish behind U.S.

Andreanne Morin clutched her Olympic silver medal, as if remembering every early morning training session and aching muscle that preceded it.

"For me this is the culmination of my 12 years of rowing," said the 30-year-old from Quebec City, after Canada's second-place finish in the women's eight Thursday. "I'm talking to you and holding onto this (medal) quite tightly, because it's the proof, the material proof of what I've done.

"It's a lot about the journey and what you live with these teammates. That's how I look at it today. It was an exceptional race, it really was."

The Canadian women lost to an exceptional team. The U.S., champions in Beijing, have not been beaten in six years.

But it was a photo finish in May when the two met at a World Cup in Lucerne, Switzerland, where the U.S. won by just 0.03 seconds.

On Thursday, the powerful Americans led all the way to win in six minutes 10.59 seconds. The Canadians charged at them down the stretch, posting the fastest splits in the final 1,000 metres, but could not peg them back and finished in 6:12.06 ahead of the Dutch in 6:13.12.

"I have to take my hat off to the U.S. crew," said Peter Cookson, Rowing Canada's high performance director. "We literally did everything we could to try to win the race.

"When you look at all the training we did and all the physiology work we did, all the recovery work we did with that group. And they're an unbelievably great group of women in our Canadian boat. And for them to get beat, that must take a really great crew to beat them."

Cookson noted the women's eight had come from "not a great place in 2009," when they barely made the final at the world championships. Now they are the team keeping the U.S. on their toes.

To a woman, the Canadians were beaming after the race. They were also emotional, knowing a changing of the guard is inevitable after the Olympic quadrennial.

But there were no regrets. The women clambered over the fence in front of the friends and family section to hug loved ones and show off their medals under the sun at Eton Dorney.

"We went to win and didn't do it, but sure are enjoying the silver," said 52-year-old coxswain Lesley Thompson-Willie.

"No regrets, great race."

Lauren Wilkinson of North Vancouver said the Canadians had given it their all.

"Obviously we wish that our bow had been in front but we just gave it our everything," said Wilkinson. "I don't think a single person in that boat had anything left in the tank. So we have no regrets even though it wasn't necessarily the colour of medal we had hoped for."

Added Winnipeg's Janine Hanson: "Silver's great. We can't be disappointed with that at all."

The medal was the second for Canadian rowers here. The men's eight won silver behind Germany on Wednesday.

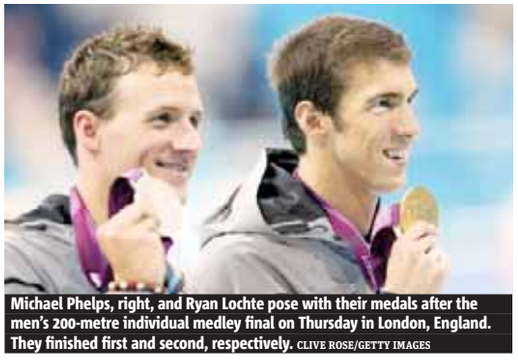
Also on the Canadian team were Ashley Brzozowicz of London Ont., Krista Guloien, of Port Moody B.C., Darcy Marquardt of Richmond B.C., Natalie Mastracci of Thorold, Ont., and Rachelle Viinberg of Regina. THE CANADIAN PRESS

Five-for-seven

It's back to the classroom for Lesley Thompson-Willie, with a fifth Olympic medal in tow.

- The 52-year-old high school teacher/librarian from London, Ont., is the first Canadian athlete to win medals in five Olympic Games.
- London is Thompson-Willie's seventh Olympics — it would have been eight had it not been for the 1980 boycott of the Moscow Games. She won silver with the four in 1984 and gold with the eight in 1992, silver in 1996 and bronze in 2000.

Phelps bests Lochte for his first solo gold in London



Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting capper to a brilliant career that still has two more events to go.

As soon as Phelps finished off Lochte, he hopped out of the pool and headed to the nearby diving well to warm down, knowing he still had a semi-final of the 100 butterfly before the night was done. He was the top qualifier in that one, setting up a rematch in Friday's final against Milorad Cavic — a Serbian who still seems to think he got to the wall first in Beijing but lost by a hundredth of a second.

"Going into every call room, I said it's my last semifinal or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all the lasts of certain things." THE ASSOCIATED PRESS

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

Armstrong ready to launch Canada onto track podium

Shot put. After missing out on a medal in Beijing by less than a centimetre, the 345-pounder has worked his way up international rankings

Dylan Armstrong THE ASSOCIATED PRESS

Dylan Armstrong has worked the last four years for this day, when he hopes to erase the disappointment of Beijing with one launch of the shot put.

The 31-year-old from Kamloops, B.C., competes on the first day of track and field Friday at the London Olympics, four years after he missed a medal by less than a centimetre and finished fourth at the Beijing Games.

Since then, the six-foot-four, 345-pound mountain of a man has worked his way up the international rankings, and was No. 1 in the world last year.

Armstrong is Canada's top hope for a track and field medal in London, but the shot put field is stacked, and the Canadian believes there are up to six throwers that could climb the top step of the podium — including Americans Christian Cantwell, Reese Hoffa and Ryan Whiting, ranked No. 1-3 in the world.

Athletics Canada head coach Alex Gardiner believes Armstrong is on pace for a strong performance.

"He's recorded a couple of workouts that have been better than any he's had in his life," Gardiner said. "When I heard from him three days ago that he had a personal best in one of his training sessions, I know that he's ready. And he's honest as the day is long."

Armstrong, who's been training in Portugal since the Olympic trials last month in Calgary, has battled back from an elbow injury that kept him out of the final at the world indoor championships. He goes into the event with the eighth-best throw in the world this year — 21.50 metres. His Canadian record, set last year, is 22.21.

"He's ready, he's healthy," Gardiner said. "The elbow problem he had is gone. He's protecting his energy right now." THE CANADIAN PRESS

Dream team 2.0

USA's Carmelo Anthony drives to the basket past Nigeria's Derrick Obasohan during a men's basketball game at the 2012 Summer Olympics, late Thursday night. Anthony scored 37 points, making 10 of 12 3-pointers, and the Americans rewrote the Olympic record book with a scintillating shooting performance and 156-73 win, an epic blowout that seemed to send a message to the rest of the men's tournament field.

CHARLES KRUPA/THE ASSOCIATED PRESS

3 to watch this weekend

Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be an easy one for the seventh-ranked Canadians. Britain has been a big surprise, winning all three preliminary-round games without allowing a goal.

Time: Friday, 12:30 p.m.
Channel: OLN

Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosannagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 7 a.m. (qualification), 8:20 a.m. (final).
Channel: CTV

Women's diving

Jennifer Abel brought Canada its first medal in 2012, a bronze in the three-metre synchronized with Emilie Heymans, last Sunday. Abel will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 12 p.m (final).
Channel: TSN

THE CANADIAN PRESS

CLOSE TO DOWNTOWN. SCHOOLS. SHOPPING.
LOCATION. NEIGHBOURLY
CONTEMPORARY. STYLE.
QUALITY. CRAFTSMANSHIP
STREETSIDE & QUALICO
PARKS. GREEN SPACE. AMPLE RECREATION
RELAXED LIFESTYLE. WELCOMING
CONDOS FROM $130,000'S. COMMUNITY
TIMELESS VALUES. CASUAL. FRIENDLY
ELEGANT. TOWNHOMES FROM $230,000'S.
INNOVATIVE. GREAT NEIGHBOURHOOD
EVANSTONSQUARE.COM. SPACIOUS
DISTINCTIVE ARCHITECTURE
RESTAURANTS, CAFÉS, 403.452.3620
MAJOR SHOPS, TRANSIT, PARKS
SCHOOLS, DAYCARES & RECREATION
TIMELESS VALUE. CASUAL. FRIENDLY
LIVE THE WAY YOU WANT TO LIVE
EVANSTON SQUARE
103 & 105 Evanspark Way NW Calgary
403.452.3620 | EvanstonSquare.com
THE DEVELOPER RESERVES THE RIGHT TO CHANGE OR MODIFY THE OFFER WITHOUT PRIOR NOTICE. E.&O.E.
STREETSIDE DEVELOPMENT CORPORATION A QUALICO Company

✔ SPECIALIZING IN CREDIT REBUILDING ✔
✔ HAVE YOU BEEN DECLINED FOR AN AUTO LOAN BEFORE? ✔
✔ 2 PAY STUBS + DRIVER'S LICENSE = DRIVE TODAY ✔
MR. MIKE CREDIT SOLUTIONS
403-926-5277
SOUTH POINTE TOYOTA SCION
11500 – 35ST SE
Next to Deerfoot Casino & Barlow TR. SE
WWW.APPROVEDNOW.CA

Horoscopes

♈ Aries
March 21 - April 20
You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus
April 21 - May 21
You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini
May 22 - June 21
You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer
June 22 - July 23
If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo
July 24 - Aug. 23
You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo
Aug. 24 - Sept. 23
Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♎ Libra
Sept. 24 - Oct. 23
Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♏ Scorpio
Oct. 24 - Nov. 22
Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♐ Sagittarius
Nov. 23 - Dec. 21
How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

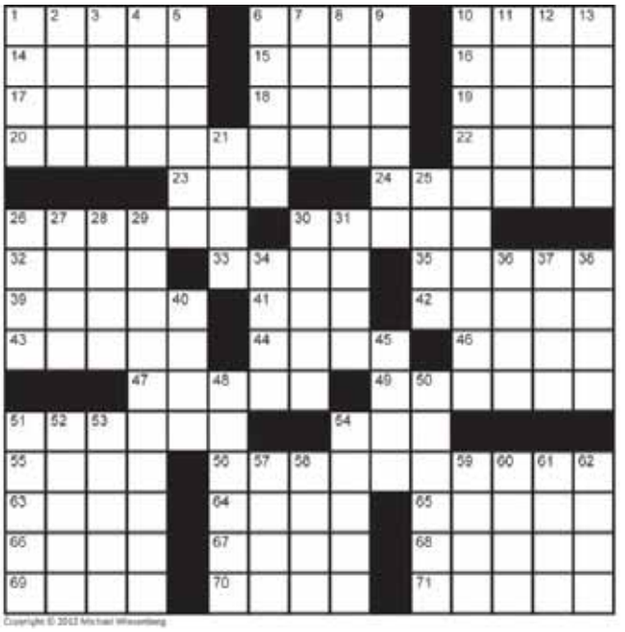
♒ Aquarius
Jan. 21 - Feb. 19
You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces
Feb. 20 - March 20
There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

BY MICHAEL WIESENBERG



Across

1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of Invasion of the Body Snatchers and Eye of the Needle
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (Rocky IV, The Expendables)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980 Blondie tune about phoning
54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
13. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word, often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport
38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material
54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				8		1
	6	3	2		8	4	5	
7								3
			6		4			
	4			1			9	
			9		5			
5								4
	3	4	5		7	1	2	
9		6				5		7

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	1	2	3	7	9	8
2	3	8	9	6	7	4	5	1

Weather

TODAY	SATURDAY	SUNDAY
MAX: 20° MIN: 9°	MAX: 26° MIN: 10°	MAX: 28° MIN: 13°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

GOD HAS THE FINAL SAY

You are in this world to make a mark. You have all the potentials to become what God wants you to be. Sometimes things may not go according your plan. You may be struggling with many issues of life. People may mock you even your close friends and relatives may have named you a failure. Who is he that speaks and it comes to pass when the Lord has not commanded it? God has the final say. You are too loaded to fail. Stop listening to people but focus on Jesus the guarantor of success.

RCCG CHRIST EMBASSY
1101 2 St NW, Calgary AB
rccgcalgary.com

Immigration & Visa
Immigration Consulting Group - 2nd floor, 638-11th Ave., SW. Calgary
Spousal Sponsorship & Appeals
LMO & Work Permit Applications
Skilled Worker &
Provincial Nomination Applications
PR & Citizenship
Visitor & Student Visas
Commissioner for Oaths
Licensed Immigration Consultant
www.gocanadavisa.com
JAY CHAHAL, M.A. Member: ICCRC
jay_chahal@shaw.ca
Consultation Appointment Call: 403.827.3853

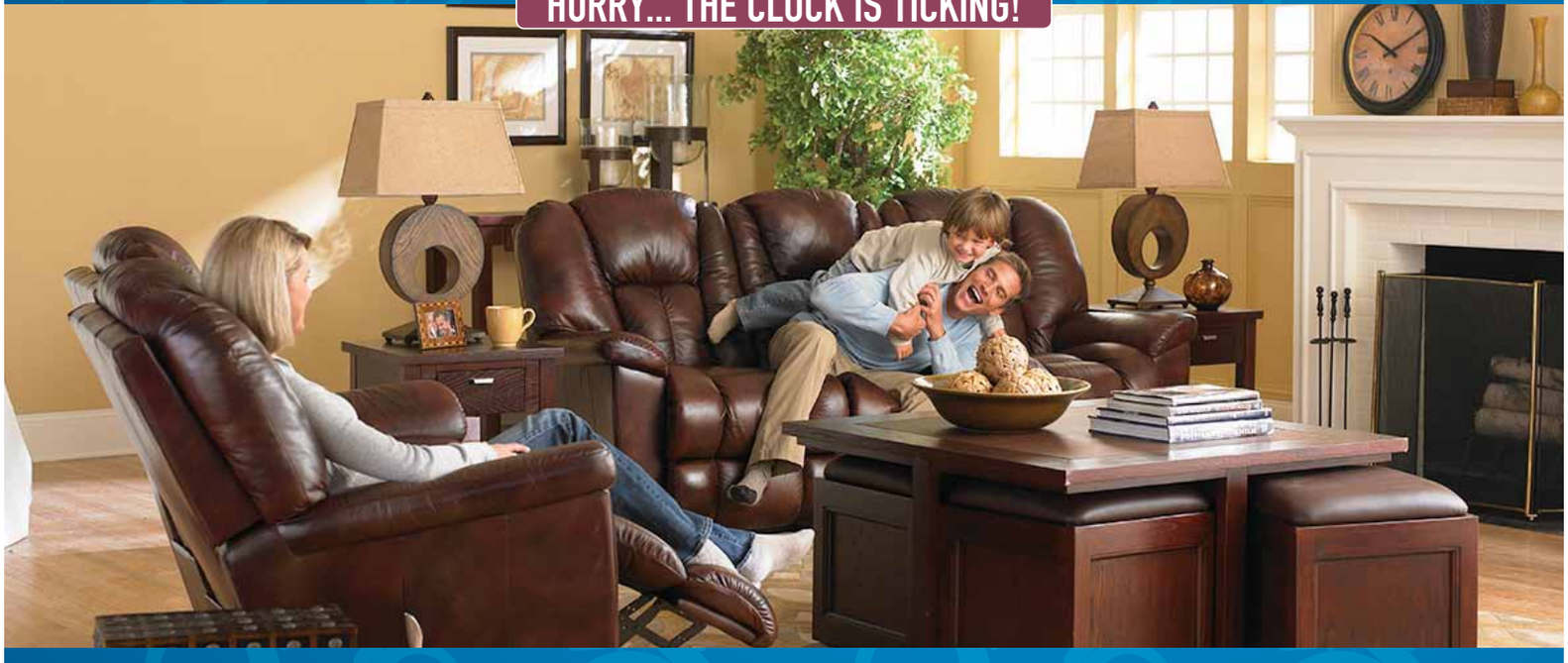
Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Aug 22nd- 26th, 2012
Next Seminar: Aug 7th, 2012 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

LA-Z-BOY
FURNITURE GALLERIES®

36 HOUR SALE

SAVE AN ADDITIONAL 15% OFF THE SALE PRICE!*

HURRY... THE CLOCK IS TICKING!



6 months no interest**

BBB ACCREDITED BUSINESS

LA-Z-BOY FURNITURE GALLERIES®
Live life comfortably.

CELEBRATING 85 YEARS of comfort

Free in-home design
Schedule your free design consultation today

La-Z-Boy is the official furniture provider of Ronald McDonald House Charities®

Expedited delivery on in-stock items.

MON-FRI 10-9
SATURDAY 10-6
SUNDAY 11-5

7300 - 11 Street S.E.
403-259-1000
(1 Block North of Heritage Drive)

www.lazboy.com/calgary

*Minimum purchase of $899.
Excludes Red Hot Buys and clearance items.

5111 Northland Dr. N.W.
403-240-1000
(Northland Village)

IN-HOME DESIGN ASSISTANCE